

# MOUNTAINEER

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Dec. 15, 2006

## Post welcomes 3rd HBCT home

Story and photo by Sgt. Zach Mott

3rd Heavy Brigade Combat Team,  
4th Infantry Division Public Affairs Office

An uncasing of the colors ceremony served as the official welcome home for the 3rd Heavy Brigade Combat Team, 4th Infantry Division from its recent deployment in support of Operation Iraqi Freedom Dec. 6.

The last Soldiers from the Striker Brigade arrived home in time to celebrate Thanksgiving Day with family and friends. These Soldiers left behind a more-capable Iraqi Security Force and citizens more able to meet their own basic needs.

"Operating in an area that was extremely complex, confusing and lethal, our young Soldiers looked disciplined, valorous, aggressive and performed magnificently," said Col. Brian Jones, 3rd HBCT commander, about his unit's mission in Iraq. "They were well-prepared for that mission and that's a testament to the leaders standing out here before you and their innate ingenuity, their initiative and their values allowed them to adapt to the environment and the enemy."

As a whole, the Striker Brigade, which was spread across 50,000 square kilometers and two provinces in Iraq, conducted more than 23,000 combat patrols, 50 air assault missions, fought through more than 2,000 improvised explosive devices and discovered 1,000 more. Striker Soldiers also discovered more than 160 caches, killed or wounded more than 250 insurgents and terrorists and detained more than 1,300 other insurgents. The brigade also was responsible for instituting and monitoring more than \$290 million worth of projects designed to help build the Iraqi infrastructure in the Salah ad-Din and Diyala provinces.

But, these numbers are not what Jones uses to measure the brigade's success. Rather, he focuses on the number 18. The Striker Brigade, as well as an attached



Col. Brian D. Jones, left, commander, 3rd Heavy Brigade Combat Team, 4th Infantry Division, and Command Sgt. Maj. David List, 3rd HBCT, uncasing the Striker Brigade colors, signifying the unit's return from battle. The Striker Brigade was deployed in support of Operation Iraqi Freedom.

cavalry squadron from the 101st Airborne Division, had 18 Soldiers die during this combat deployment.

"The number 18 means to me: 36 parents, 72 grandparents, 10 wives, 15 brothers and sisters, 17 children and countless friends' lives who have been affected forever as a result of our now completed mission. Between those and our wounded, that's a

high price to pay for those who serve," Jones said.

The Striker Brigade will begin its month-long block leave period Dec. 15 and will begin regular training upon returning. While no deployments are currently planned, the brigade must continue to train in the event it is called to duty in Iraq for the third time since the war began.

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### MUST SEE



Helping to build habitats.  
See Page 5.

Please note: This is the last paper of 2006.  
The next Mountaineer will be Jan. 5, 2007.

## Gates confirmed, Rumsfeld reflects on tenure

by Donna Miles and Jim Garamone

American Forces Press Service

WASHINGTON — Defense Secretary Donald H. Rumsfeld Friday told members of the Defense Department that he will leave his office proud to have served with them and of what they have accomplished and inspired by their dedication, patriotism and sacrifice.

Rumsfeld, speaking to hundreds of military, civilian and contract employees at the Pentagon during his 42nd town hall session, reflected on his past six years in the top Pentagon post and the satisfaction he's found leading the department. The Senate confirmed Robert M. Gates in a 95-2 vote Dec. 6 to be the 22nd U.S. secretary of defense. Gates is scheduled to assume the DOD leadership Monday.



Photo by R. D. Ward

Secretary of Defense Donald H. Rumsfeld addresses Pentagon workers at his final town hall meeting, Friday.

"Every day, in one way or another, I have seen the strength of the men and women in uniform and the dedication of the many thousands who serve here — military and civilian — who do their jobs, knowing that theirs is the

See **Rumsfeld** on Page 4

# Wishing Fort Carson 'happy holidays'

**Commentary by Maj. Gen.  
Robert W. Mixon Jr.**

*Division West, First Army and Fort Carson commanding general*

With the holidays and the end of another year just around the corner, I would ask that you take a moment to reflect on the past year and remember all the things that we, as Americans, hold so dear.

Though we continue to be a nation at war against a determined enemy, we should not lose sight of the fact that our Soldiers are making a difference in the lives of many both here and abroad. For more than 231 years the American Soldier has freed the oppressed, brought prosperity and hope where none existed, and restored the dream, in many, for a better future. The American Soldier has always given of himself; he has followed a higher calling. It's part of what defines a Soldier—past, present, and future.

This act of giving is not limited to our Soldiers fighting in Iraq or Afghanistan or environments inflicted by natural disasters. On Dec. 8, the Combined Federal Campaign recognition ceremony was held at Peterson Air

Force Base (see story on page 11), where I had the honor to represent the Mountain Post. We were recognized for our efforts in this year's campaign. This year's Pikes Peak Region CFC raised more than \$2 million and Fort Carson contributed \$398,277 — 133 percent of our goal. This is an incredible statistic considering the war effort and number of deployments and redeployments that have become the norm in our community. We care.

This accomplishment reflects the generous hearts of all the Soldiers, the Department of Army civilians, family members and contractors here at the Mountain Post. You not only eclipsed our goal of \$300,000, but you gave of yourself to something that will help others. There is no greater gift than giving of yourself.

I would be remiss if I didn't take this opportunity to also thank the citizens of this wonderful community. Day-in and day-out, the citizens of southern Colorado and the Pikes Peak region do so much to support our Soldiers and families. This season, through the herculean effort of the Fort Carson Officers' Spouses' Club, citizens

of this community donated more than \$30,000 to Santa's Workshop, including cash donations, toys and advertising.

Most of these donations came from community citizens who heard of the program and went out them way to help our Soldiers and their families. I also want to personally thank the organizers of this year's event — Suzanne Tovo, Roz Johnson and Rene Midkiff — and all the volunteers who helped make Christmas special for our Soldiers' children.

The holiday season always brings entertainment and activities for all ages to enjoy. I would encourage everyone to take advantage of the many wonderful activities that the Pikes Peak Region has to offer. Many of these activities can be found in the Happenings and Get Out sections of the *Mountaineer* as well as on the Fort Carson Web site, [www.carson.army.mil](http://www.carson.army.mil), under the News & Events section. So, don't stay home. Get out and experience Colorado during the holidays.

In closing, Ruth and I would like to wish the entire Mountain Post Team a safe and joyful holiday and a happy New Year. Please take the time to spend



**Mixon**

with loved ones and friends and remember to keep our more than 4,000 Soldiers who are in harm's way in your prayers. The holidays can be a wonderful time of happiness, but for some members of our Army family, it can be a period of loneliness and sadness. If you can, open up your heart and home to a family member whose spouse is deployed or a single Soldier who is unable to be home for the holidays.

May the New Year bring you all health, joy and happiness. God bless America.

# Celebrating the holidays — FRG style

**Commentary and photo by Darcia Kunkel**

*2nd Brigade Combat Team, 2nd Infantry Division family member and FRG Leader*

Millions of people will pack up and travel this holiday season — whether it be to visit family members or simply to get away from it all. The military is no exception, especially for those with deployed spouses. Sometimes we may want to forget the holidays. While I entertained the thought of "skipping Christmas" as in the tale by John Grisham, I simply cannot ignore the season's festivities or its meaning. Even with my husband far away, I will celebrate.

That being said, I am not making the 16-hour drive (or a nightmare flight) to Chicago with three young children. Maybe it's because I don't want to spend the holiday running myself ragged or just the fact that too many family members really don't understand the military or my husband's mission. Instead, I have chosen to commemorate (or commiserate) the season with my Family Readiness Group and individuals from my "Army Team."

Sunday, the 2nd Brigade Support Battalion joined together for fellowship and fun at the Special Events Center, as many FRGs do. Santa even made a surprise visit, bringing both toys and smiles to the children's faces. In that moment, I knew that my family, my situation and my feelings were understood.

There is something to be said about spending the holidays with those people sharing the same experience as you. When asked about the importance



*Staff Sgt. Mickey Walker, left, hands out gifts while Trey Garcia III visits with Santa and Rebecca Kunkel waits in line.*

of the FRG, Lt. Col. Tracy Bannister, wife of the 2nd Brigade Combat Team commander, said that the "biggest strength of being involved in the FRG is to be connected with people who are in the same circumstances. It helps when you know that you are not by yourself when your spouse is away."

According to Bannister, FRGs help specifically during the holidays by providing a connection with someone away from home. They also ensure that no one is left alone during holiday meals and that packages are sent overseas for all Soldiers, to include single Soldiers, who

may or may not have anyone sending gifts. This in turn builds cohesion in the unit by forming friendships and trust, which helps the forward elements focus on the mission.

So, while others are making the journey to be with loved ones or escaping to the bright lights of Vegas, I will spend Christmas and ring in the New Year with my own band of brothers and sisters. We share the holiday, but more importantly, we share the unique bond that is the Army. No unsolicited comments. No political discussion. Just true empathy.

This year, that is my solace.

## MOUNTAINEER

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# NEWS

## First Army transforms its training support brigades

**by Staff Sgt. Lisa Litchfield**

*5th Armor Brigade Public Affairs*

On Dec. 1, the 16 brigades in the five Army Training Support Divisions that constitute First Army were directed to case their old colors and reflag as separate combat arms brigades.

Formerly falling under either First or Fifth Army, the 75th, 78th, 85th, 87th and 91st TSDs are now being assigned new missions and reorganizing, according to Col. Kim Wright, chief of staff, Division West, First Army. Fifth Army previously had responsibility for Reserve and National Guard units west of the Mississippi River and First Army had responsibility for those east of the Mississippi.

"The decision was made that First Army would assume the responsibilities for training, readiness and mobilization oversight for all Reserve component and National Guard units in the continental United States and two territories," explained Brig. Gen. Anne Macdonald, deputy commanding general, Division West, First Army and Fort Carson.

Fifth Army, now known as U.S. Army North, was functionally redesigned to provide support to civil authorities during times of natural disaster as well as assuming the lead in homeland security issues.

Although the changes may take some getting used to, Maj. Wayne Gilstrap, chief of plans at Division West, sees the transformation under First

Army as a unifying force.

"We are the trainers for all Reserve component forces," he said. "The job of First Army is to ensure that a trained, viable and ready force is available for the combatant commanders wherever they may need them," Gilstrap said.

"Even with the unit redesignations, the training

that is done within First Army, and then specifically Division East and Division West, is outstanding training with disciplined Soldiers." This training is conducted "to ensure that (deploying Soldiers) are confident, competent and disciplined as they go into battle. That is exactly what we want them to be, steely-eyed and focused," said Macdonald.



*Col. Raymond Lamb, left, commander 5th Armored Brigade, is assisted by Command Sgt. Maj. Ricky Buchanan in casing the former unit colors in a ceremony Tuesday. The 2nd Brigade, 91st Division (Training Support) was redesignated the 5th Armored Brigade, Fort Carson under the First Army transformation.*

Photo by Staff Sgt. Alyn-Michael Macleod

## Rumsfeld

From Page 1

essential business of protecting a nation (and a people," he said. "You do so knowing that you contribute directly to the safety of millions of people: people you will never meet, whose names you will never know.

"I leave this office proud to have served with you," he said, "(and) proud of what this great institution has achieved," during what he called one of the most challenging periods in DOD's 59-year history.

As part of his confirmation procedure, Gates testified before the Senate Armed Services Committee. The war in Iraq dominated the hearing and Gates told the senators he will consider all options in Iraq. Gates said the U.S. is not winning in Iraq, but not losing either. He told committee members the U.S. will need to maintain a presence in Iraq for a long time, but that the presence may not be as

heavy in combat troops as it is today.

Rumsfeld, during his Pentagon Town Hall meeting, paid tribute to the "great American heroes" who have become a part of history during his tenure as defense secretary. He specifically noted Army Sgt. 1st Class Paul Ray Smith, who posthumously received the Medal of Honor, and Marine Cpl. Jason Dunham, whose family will accept his Medal of Honor during ceremonies in January.

While remembering the highlights of his Pentagon days, Rumsfeld also reflected on some of the most difficult times as well. He noted how angry he felt hearing "irresponsible comments by some who tried to sully the image of the courageous and dedicated men and women in uniform who keep America safe."

He recalled how stunned he felt when he learned of abuse at the Abu Ghraib detention facility in Iraq.

But even amid that painful time, Rumsfeld said, he was impressed by the determination so

many people demonstrated as he tried to find out how the incident could have happened and how to "make it right." He told the audience to take comfort in knowing that "your Department of Defense eventually demonstrated to the world how our democracy deals openly and decisively with such egregious wrongdoing."

Rumsfeld told the audience that they, like he, will carry their own different memories with them when they leave the Defense Department. Some of those memories will be of hard, behind-the-scenes work that goes unnoticed by many, he said. But he urged DOD employees to always remember the important role they have played in their country's future.

But let there be no doubt," Rumsfeld said. "Each of you and the future generations of Americans, as well as the future generations of Iraqis and Afghans, will be able to look back on these past six years as a time of enormous challenge, of historic consequence and of solid accomplishment."



# MILITARY

## Engineers help build homes

**Story and photo by  
2nd Lt. Martin Sigli**

*4th Engineer Battalion*

In the U.S. Army, the mission of engineers is to construct buildings and create structures. The U.S. Army mission is to help and protect other Americans, especially in times of need.

The Sappers of the 62nd Engineer Company, 4th Engineer Battalion, accomplished both missions recently working with the Pikes Peak Habitat for Humanity. With the weather turning bad and a need for homes for low-income families in the Colorado Springs area, the Sappers put forth every effort to stand true to their mission.

The 62nd Engineers, in conjunction with PPHFH, helped the community by building homes for families in need. With around 190 volunteer-man-hours in a two-day period, the 62nd Engineers were able to help low-income families have a chance at owning a home by utilizing their carpentry skills to assist in building new homes.

The Habitat for Humanity is an organization that works with

low-income families in need of housing by the use of volunteer labor and donations of money and materials. PPHFH builds and renovates houses in partnership with families in need. Houses are sold at no profit to partner families and financed with affordable no-interest mortgages. Families that are obtaining these homes have invested hundreds of hours of their own labor into the construction or renovation of their homes and homes of others, which is called "sweat equity." By putting forth "sweat equity," the houses are being sold through PPHFH at reduced mortgage, making homes affordable for lower-income families.

All these homes are built through volunteer efforts. With the help of volunteers like the 62nd Engineer Company and various churches within the community, PPHFH has been able to serve more than 315 individuals, and build or rehabilitate 63 homes in El Paso County.

"I enjoy seeing Soldiers getting involved in the community. I would like to see more Army Soldiers like

you volunteering. Plus, Soldiers gain valuable training and skills they can use from working here and helping the community at the same time," said construction coordinator Robert Rose, who worked with the engineers during the two days.

Rose has been working for PPHFH since July 2005 and he said that the enjoyment he gets out of his job is

seeing families happy and seeing volunteer groups like the 62nd Engineers succeed in accomplishing something for others in need.

"There has been a long history with PPHFH and the military over the years that I have been here. Every time we get help from Soldiers we get excellent

**See Engineers on Page 14**



*Pvt. Travis McPherson, left, and Pvt. Devon McDermitt, right, set up a rebar with Pvt. Adam Wongamen, above.*

# Military briefs

## Miscellaneous

**The Environmental Health section of Preventive Medicine** — offers training on a variety of topics. Call 526-7922, 526-5274, or 524-7375 to schedule a training session for your unit. Courses include the following topics:

**Heat Category Monitoring:** Each company or unit's Field Sanitation Team is responsible for monitoring the Wet Bulb Globe Thermometer. EH can train units on how to use this equipment. If your unit needs to order the WBGT, the NSN is 6665-00-159-2218.

**Food Service Sanitation Training:** EH offers Food Service Sanitation Training for any employees of the DFACs, AAFES, CYS, both military and civilian. The four-hour refresher course is offered monthly, and the eight-hour initial training is held once every other month. The next four-hour refresher courses will be Jan. 30, Feb. 27, March 27 and April 24 from 8 a.m.-noon. The next eight-hour initial training classes will be Jan. 11, March 8 and May 10 starting at 8 a.m. All classes will be held in the conference room in building 2059. Contact Jim Trainer at [james.trainer@amedd.army.mil](mailto:james.trainer@amedd.army.mil) or 526-5274 or Capt. Teal Reeves at 526-7922 to reserve a seat.

**Other classes available:** EH also teaches classes to units on heat and cold-injury prevention, sexually transmitted diseases, hearing conservation, medical threat briefings for units that are approaching deployment, field sanitation team, and personal hygiene. Call 526-7922, 526-5274, or 524-7375 to schedule any of these classes or to get more information.

**Food Service special events** — Family Readiness Groups and units that conduct fundraisers by selling limited food items are required to fill out an application and checklist for their event. Contact Capt. Teal Reeves at 526-7922, or Sgt. Misty Gordon at 526-7375 for details and a copy of the paperwork needed. The application and checklist are also available through unit Family Readiness Groups.

**Flu vaccinations** — will be administered to all active duty and mobilized Reserve Soldiers today, Monday-Friday and Dec. 26-29 from 9 a.m.-4:30 p.m. at the Soldier Readiness Center, building 1042. Call 524-5568 for more information.

**Operation Warrior Trainer** — The OWT program is looking for reserve component Soldiers returning from overseas operations to serve as observer/controller trainers. Reservists have 180 days to apply following demobilization. Call Lt. Col. Michael Hauser at 526-5501 for details or visit [www.first.army.mil](http://www.first.army.mil) and click on the Uncle Sam poster.

**Officer Candidate School** — Packet submissions for direct select and local OCS are now handled by the Personnel Services Battalion in building 1218, room 160. OCS direct selection is in effect until Sept. 30, 2007, and there are still slots open. Contact Tom Grady at 526-3947 for more information.

**Finance in- and out-processing** — The in- and out-processing section of finance has consolidated its operations on the second floor of building 1218. Travel and accessions moved from the first floor of building 1218 to the second floor.

Customers for in- and out-processing should go to room 230 in building 1218, sign in and wait for a technician. Phone numbers remain the same: separations 526-8473/8476/1302; retirement 526-4233/4234/8470; travel 526-9930/0507/0475;

accessions 526-8479/8236/4558; and chief of in- and out-processing 526-6230.

**DPW services** — The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper and cleaning motor pools. Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — KIRA service order desk can be reached at 526-5345. Use this number for emergencies or routine tasks.

- Refuse/trash — Call Kandy Clark at 526-9243 when needing trash containers, trash is overflowing or emergency service is required.

- Facility custodial services — Call Larry Haack at 526-9237 for service needs or to report complaints.

- Elevator maintenance — Call Sharon Gayle at 526-1695.

- Motor pool sludge removal/disposal — Call Kandy Clark at 526-9243.

- Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.

- Base operations contract Contracting Officer Representative — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.

- Portable latrines — Call Kandy Clark at 526-9243 to request latrines, for service or to report damaged or overturned latrines.

## Hours of Operation

**CIF Regular business hours** —The Central Issue Facility has changed its operating hours. The CIF is no longer open on Fridays. Soldiers may make appointments by calling 526-3321. Listed below are the new operating hours.

### In-processing

Monday-Thursday from 7:30-10:30 a.m.

### Initial issues

Monday-Thursday from 12:30-3 p.m.

### Partial issues

Monday-Thursday from 12:30-3 p.m.

### Cash sales/report of survey

Monday-Thursday from 7:30 a.m.-3 p.m.

### Direct exchange

Monday-Thursday from 12:30-3 p.m.

### Partial turn-ins

Monday-Thursday from 12:30-3 p.m.

### Full turn-ins

Monday-Thursday 7:30-10:30 a.m.

### Unit issues and turn-ins

Call 526-5512/6477 for approval.

**Education Center hours of operation** — The Mountain Post Training and Education Center's hours are as follows:

- **Counselor Support Center** — Monday through Thursday 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.

- **Learning Resource Center** — Monday through Thursday 9 a.m.-8 p.m.; Friday 9 a.m.-5 p.m.; Saturday 10 a.m.-3 p.m.; and training holidays 9 a.m.-5 p.m.

- **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday-Friday 7:30-11:30 a.m. and 12:15-4:15 p.m.; closed training holidays.

- **Basic Skills Education Program/Functional Academic Skills Training** — Monday-Thursday 1-4 p.m.; closed training holidays.

- **ArmyU Testing** — Monday-Friday, 12:15-4:15 p.m.; closed training holidays.

**Military Occupational Specialty Library** —

Monday-Thursday 9 a.m.-8 p.m.; Friday 9 a.m.-5 p.m.; Saturday 10 a.m.-3 p.m.; and training holidays 9 a.m.-5 p.m.

**Legal Assistance hours** — Operating hours for the Legal Assistance Office are Monday-Thursday from 9 a.m.-5 p.m. and Friday from 9-11:30 a.m. and 1-4 p.m.

**Trial defense service hours** — TDS hours of operation are Monday-Thursday from 9 a.m.-4 p.m. TDS is closed on Fridays except for appointments and emergencies. Chapters briefings are held Tuesdays and Thursdays at 1 p.m., and Article 15 briefings are held Tuesdays and Thursdays at 1:30 p.m.

**Claims Division hours** — The Claims Division office hours are Monday-Thursday from 9 a.m.-5 p.m., Friday from 8 a.m.-1 p.m. and closed federal and training holidays.

To make a claim, Soldiers must attend a mandatory briefing, which is given Mondays and Wednesdays at 10 a.m. and 2 p.m.

At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

**DFAC hours** — Fort Carson dining facilities operate under the following hours:

**Wolf Inn** — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

**Butts Army Airfield** — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

**Patton Inn** — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

**10th SFG** — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

## Briefings

**Retirement briefing** — scheduled for Wednesday has been cancelled. Briefings will resume starting in January, every second and third Wednesday of the month.

**Special Forces briefings** — will be held Wednesday at building 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m.

Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical. Call 524-1461 or visit the Web site at [www.bragg.army.mil/sorb](http://www.bragg.army.mil/sorb).

**ACAP briefing** — The Army Career and Alumni Program preselection briefing is required for all departing servicemembers. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. ACAP preselection briefings are held Monday-Thursday from 7:30-9 a.m.

Attendees should report to ACAP by 7:15 a.m. to building 1117, room 114. Call 526-1002 to schedule the briefing.

**ETS briefing** — ETS briefings for enlisted personnel will be held the first and third Tuesday of each month until further notice.

Briefing sign-in begins at 7 a.m. at building 1042, room 310. Briefings will be given on a first-come, first-served basis.

Soldiers must be within 120 days of their ETS but must attend the briefing no later than 30 days prior to their ETS or start date of transition leave. Call 526-2240 for more information.

*You lead from the front*

# Sergeant Audie Murphy Club wants you

**Story and photo by**

**Michael J. Pach**

*Mountaineer staff*

Sgt. Audie Murphy is the highest decorated Soldier in American history and the club that bears his name is designed to recognize top-performing noncommissioned officers, help NCOs achieve more and reach out to the community.

Newly-elected club president, 1st. Sgt. Albert Nelson, 148th Military Police Detachment, is revitalizing the Sgt. Audie Murphy Club on Fort Carson and is looking for new candidates.

"The Audie Murphy Club is a very prestigious club. We are the elite of the elite," said Nelson. "We're looking for members who want to take care of the community and who want to instill in the younger Soldiers that the Army is a good place to be."

Not just anyone can join SAMC. Members represent the highest level of what Soldiers should be and there is a strict nomination process that consists of three phases.

In the first phase, written nominations outlining a Soldier's qualifications for membership and a request to appear before the battalion board are submitted by the candidate's noncommissioned officer support channel through the battalion command sergeant major.

Candidates appear before the brigade board in the second phase, where their accomplishments are reviewed and they are tested on various topics including leadership, Army regulations, field manuals, weapons use and the history of Audie Murphy.

Those who successfully complete the second phase will appear before the division board for final selection. The division board consists of five command sergeant majors with Command Sgt. Major Terrance McWilliams acting as board president. McWilliams does not cast votes for candidates, but he has the power to offer input and to make exceptions to the acceptance criteria.

Battalion and brigade boards are

scheduled to meet in January and February to determine candidates who will be recommended to go to the division board in March.

Through its commitment to the community, SAMC is heavily involved in the food-buying program, Share Colorado. Through Share Colorado, Soldiers can order groceries at reduced

See **SAMC** on Page 24



Master Sgt. Morgan Bowman, center, and 1st Sgt. Albert Nelson, smiling, conduct a meeting of the Sergeant Audie Murphy Club at the Family Connection.



## Camp Red Devil

## 204th BSB battles OPFOR at FOB

Story and photos by

Rebecca E. Tonn

Mountaineer staff

"We've been getting attacked all morning by OPFOR (opposing forces). It's supposed to continue all day," said Sgt. Gary Hill, Field Maintenance Company, 204th Brigade Support Battalion, 2nd Brigade Combat Team, 4th Infantry Division, as he drove to his brigade's Forward

Operating Base the morning of Dec. 7.

The 204th BSB was downrange at the Camp Red Devil cantonment area, Dec. 6-8, for training.

"We got here yesterday morning. We convoyed out here and occupied the FOB and performed security. Our primary focus is five training objectives: Entry Control Point, FOB security — defense towers, perimeter defense — Combat Logistic Patrols, Night Land Navigation and Traffic Control Point.

Every day they go through two different types of training and then they rotate. Friday's culmination will be a mass casualty exercise," said Capt. Julian Perez, company commander of FMC.

Soldiers and OPFOR wore MILES vests (multiple integrated laser engagement system) and laser sensors on their Kevlar helmets. Lasers were mounted on the front of their weapons, which fired blanks.

"Basically, it's like laser tag. It (MILES) tells you if you're dead," Hill said.

Chief Warrant Officer 3 Brad Collins, executive officer of FMC, stood by as an intelligence report came over the radio in the Tactical Operations Center. The TOC responded:

"Tower 1, this is Black Knight 3. Were there any KIA (killed in action)?" No reply.

"Any casualties?" Collins asked the radio operator. "We write condolence letters for casualties," Collins explained. "We humanize and personalize it, but we do not give details. We do it out of respect. It's part of our honoring the individual for his service," Collins said.

Staff Sgt. Donald Bowker, Supply and Distribution Company, gave statistics on the most recent skirmish.

"One 'Iraqi' air patrol, comprised of five individuals, crossed the access road to the FOB. The patrol began moving toward the gate. The Quick Reaction Force was sent out and they stopped them (the patrol) at a reasonable distance. They tried to communicate with them (the patrol) and could not because they did not have a translator.

There was a lot of confusion, which resulted in a firefight — mostly due to the language barrier and that 'Iraqi' personnel would not lay down their arms. It was a friendly patrol, but two 'Iraqis' were KIA. We had one wounded; we had to medevac him," Bowker said.

"The QRF is locked, cocked and ready to rock. Guards in the tower at an FOB cannot leave their posts. So the QRF is sent out for suspicious activity," Collins said. During training, "they never know if it will be a confrontation or friendly," Collins said.

Nearby, Staff Sgt. Carlo Sanchez, FMC, instructed Soldiers as they patrolled the perimeter of the FOB.

"Specialist, you need to get in a prone position — you're making a silhouette. A lot of the new Soldiers don't know how to set up a perimeter from scratch. We want them to set up a sector (properly) so they're not getting hit from friendly fire. So I correct them on the spot. We're teaching them to communicate; if they're low on ammunition, they need to call for supplies," Sanchez said.

Staff Sgt. Justin Van Wegen, FMC, walked up a hill near Tower 1, observing Soldiers as they trained.

"The purpose (of this training) is to get Soldiers familiar with defending an FOB in Iraq. They may be working in a motor pool here; they need to get comfortable with the people they're working with and learn to trust one another. They've come from different units and now they are combined. It can be somewhat challenging to work together," Van Wegen said.

See **Battles** on Page 9

**Above:** A camouflaged Soldier takes cover behind a tree during perimeter security at Camp Red Devil Forward Operating Base.

**Left:** Chief Warrant Officer 2 Vincent Renaldo, platoon leader of FMC, plants a roadside improvised explosive device and camouflages it.

**Below:** An IED "explodes" in Training Area 16, "disabling" an LMTV and disrupting the convoy.



The Quick Reaction Force, outside the FOB, hails the "Iraqi" patrol as it approaches the Entry Control Point, below Tower 1. Negotiations failed, due to a language barrier and a "firefight" ensued.

## Battles

From Page 8

Capt. Brad Cox, company commander of S&D, knows firsthand the importance of companies working closely together.

"In Iraq, we worked very closely with the maintenance company. That relationship is critical. We have junior noncommissioned officers who have experience in Iraq or Afghanistan, and they are progressing and learning how to teach other Soldiers, instead of being taught. These are essential, individual tasks of leadership, which enable us to complete the broader mission," Cox said.

Soldiers were served two hot meals per day during training at Camp Red Devil.

In the mess hall, Soldiers stirred vats of vegetables and pot roast simmered on the stove for dinner.

"I'm feeding about 160-170 Soldiers," Staff Sgt. Cedric Cole, S&D, said. "They're out here training; basically, it's a 24-hour operation. We leave soup out at night because they're doing night land navigation. We make do with what we have out here. The Soldiers come in here, sit down, relax, take a break from training," Cole said.

Collins left the mess hall, smiling.

"A hot meal is a motivator for the troops. Last night we had pork chops and mac-n-cheese. They really enjoyed that. My hat goes off to those guys in the chow hall," Collins said.

Part of the training included searches.

Spc. Lynndell Oliver, FMC, said the training was different than what he was doing in Iraq.

"Today we did vehicle and personnel searches and ECP set up. I was a 63 Bravo mechanic; mostly we did convoys in Iraq," Oliver said.

Having deployed twice to Iraq with the 3rd Armored Cavalry Regiment, Spc. Flavio Comesi, FMC, said the training is a "good refresher course."

"It's fun. We get to do something different than what we usually do everyday," Comesi said.

Spc. Scott Holley, FMC, summarized the training as a good review. Holley has also deployed twice to Iraq with the 3rd ACR.

"It's not the traditional training we do in garrison. We have three days, with a lot of different scenarios. It's a good reinforcement of what we've been training on," Holley said.

First Sgt. Leonardo Paris, S&D, re-entered the entry control point of the FOB, which was heavily guarded with armed Soldiers, concrete barriers and rolls of barbed wire.

"We just came back from Training Area 16. We set up a TCP and immediately we got attacked by OPFOR — a suicide bomber, small arms fire and local nationals with explosives in their vehicles," Paris said. After the skirmish, he conducted an after-action review with his Soldiers.

"It's been a rough day, but that's what we're here for," Paris said, with a smile.



**Above:** Soldiers receive training in Forward Operating Base defense.

**Left:** An "insurgent" runs toward the Entry Control Point of the FOB.





Photos by Rebecca E. Tonn

## Officer honored

**Above:** A Fort Carson honor guard fires a volley in honor of Lt. Col. Eric John Kruger, Headquarters and Headquarters Company, 2nd Brigade Combat Team, 2nd Infantry Division, after his memorial service.

**Right:** Lt. Col. Eric Kruger's boots, identification tags and his photo are displayed at Soldiers' Memorial Chapel, Dec. 6, during a memorial service in his honor. Kruger served his country for 17 years and was killed Nov. 2 in Iraq. Kruger participated in five combat operations and has served in numerous leadership assignments in Korea, Fort Campbell, Ky., Fort Meyer, Va., Botswana, Africa, the Pentagon, Afghanistan, Fort Carson and Iraq. Some of Kruger's awards and decorations include: Bronze Star Medal, Purple Heart, Meritorious Service Medal, Army Commendation Medal, Humanitarian Service Medal, Combat Action Badge and Air Assault Badge. Kruger is survived by his wife, Sara and their four children, Caitlin, Joshua, Christian and Elise, and by his parents, Carol and Lawrence.





# COMMUNITY

## And the winner is ... everyone

Story and photos by  
**Douglas Rule**

*Fort Carson Public Affairs Office*

There was fun, there was enthusiasm, there was giving.

The Pikes Peak Region Combined Federal Campaign had its wrapup Friday at Peterson Air Force Base Officers' Club. On hand was Maj. Gen. Robert W. Mixon Jr., commanding general Division West, First Army and Fort Carson, Col. Eugene Smith, Fort Carson garrison commander and this year's regional coordinator, and representatives from the other military installations around Colorado Springs as well as the U.S. Postal System and the other area federal agencies.

The CFC is one of two authorized charitable campaigns allowed on Army installations around the world; the other is the Army Emergency Relief. This year, the combined contributions from the Pikes Peak region was \$2,032,407, 109 percent of the goal with 35 percent participation.

Mixon was the first to speak. "This is the finest community I've ever been in," he said. "The goodness and big hearts of the people of the Pikes Peak region is overwhelming. Thanks to everyone for making such a difference."

In turn each of the installations or organizations was recognized for its efforts. In turn, each group had its own "heroes," men and women who made a significant difference in the campaign.

From Fort Carson, LaTisha Castro and Master Sgt. Lisa Belsher were recognized for their hard work and creative ideas for approaching CFC. From other installations, people were recognized for their efforts, often motivated by something in the life: Air Force Capt. Cory Wilson, whose grandparents died of diabetes and high



*The rowdies of Fort Carson ensured their victory over former champion Shriever Air Force Base in Jon Karroll's cheering competition at the CFC final ceremony at Peterson Air Force Base Friday.*



blood pressure and acknowledging the hard work of the organizations which work towards fighting these disorders; Air Force Tech. Sgt. Melane Wilson, 21st Space Wing and of American Indian heritage, orphaned and raised in foster care on the Pine Ridge Reservation, who was helped by Running Strong, a CFC organization dedicated to helping American Indians overcome the difficulties of growing up on reservations where there is high poverty levels and high percentages of alcoholism; and Air Force Staff Sgt. Leandrea Rodriguez from the same organization, who volunteers as a care-giver for one of the other CFC organizations, which set up a "camp" for families with children getting treatment for cancer.

One of the last to be recognized was Mike Thomas of the U.S. Postal Service in Colorado Springs. He discovered that one child on his postal route, Devan Michelle Williams, was undergoing chemotherapy for brain cancer. She was given her wish to go to Disneyland by the Make-A-Wish

Foundation, a CFC charity. He was so inspired by her courage and that of her family that he worked with the Postal Service campaign, made a video of William's situation and had her and her family come and talk to the postal workers. The workers rallied, contributing a total of \$198,784 dollars, 109 percent of their goal. William's mother was in attendance as, unfortunately, after 240 days of fighting cancer, Devan died Nov. 6.

Once each installation nominated its heroes, the region created a list of regional heroes from those nominations: Kirk Brown of North American Defense/U.S. Northern Command; Air Force Senior Master Sgt. Gail Henderson of the U.S. Air Force Academy; Mike Thomas; and Tom O'Toole, local Federal Campaign Coordinator at Peterson Air Force Base. Those nominations will be forwarded to CFC Headquarters in Washington, D.C., and the winners will be presented awards at the White House in June.

Mixon made a final comment

about the Fort Carson contribution. He said that the \$398,227 figure was out of date (133 percent of the goal). He said that as he spoke, more money was being tallied and that the Soldiers of the 3rd Heavy Brigade Combat Team, 4th Infantry Division, who had just returned from Iraq, asked that they also be given the opportunity to donate. So despite the deployments, Fort Carson Soldiers and civilians more than reached the goal set out and with the additional contributions will exceed the previous years' donations.

Jon Karroll of KRDO-TV, who served as the master of ceremonies for the 10th year, presented the final "award," one of his own devising, for the most enthusiastic group. Fort Carson won hands down, with a cheering squad of five Soldiers decked out in tinsel wigs. Air Force Gen. Kevin Chilton, Air Force Space Command, "confided" that during his time as an astronaut, it was "discovered" that there were space aliens, claiming that the Fort Carson cheering squad were really those space aliens he "knew about."



*Maj. Gen. Robert W. Mixon Jr., commanding general Division West, First Army and Fort Carson presents a check to Jeff Dahlberg, The Home Front Cares, representing Fort Carson's contribution to CFC.*



*Jon Karroll, master of ceremonies, reads off the accomplishments of LaTisha Castro, right, who was designated one of Fort Carson's CFC Heroes.*



# Soldier volunteers at CASA

**Story and photo by  
Rebecca E. Tonn**

*Mountaineer staff*

Court Appointed Special Advocates are ordinary people who give of their time to help children.

CASA provides a voice in court for children who are victims of abuse, neglect or domestic conflict, and promotes community awareness of these issues to ensure safe and permanent homes, according to CASA of the Pikes Peak Region.

A Fort Carson Soldier and a National Guardsman volunteer with CASA of the Pikes Peak Region.

Air Force Master Sgt. Jessie Tucker, 200th Airlift Squadron, Colorado Air National Guard, has been with CASA for one year as a Supervised Exchange Parenting Time volunteer. Tucker has had personal experience with CASA.

"I was a victim of domestic violence, so I was court-ordered into CASA. In spite of the divorce, my children were still able to see their dad. They didn't have to see us argue and he and I never had to see each other. After five years, he did not wish to progress in his visitations, so we were graduated from the program," said Tucker.

From personal experience, Tucker knows that CASA brings children together with their parents, regardless of what's happening between the two adults.

"CASA provides a safe environment to bring families together," said Tucker.

Capt. Lauren Doyle, Headquarters and Headquarters Company, Judge Advocate General, Division West, First Army, volunteered as a SEPT volunteer for one year and has been a full-fledged CASA since July. Doyle attended a Jesuit college, which strongly encouraged service. After being an advocate in law school, Doyle wanted to continue volunteering.

"I just fell in love with the program after a weekend of training. It gives me a chance to branch out from JAG and be able to continue the service I learned in college. Volunteering has always been a big part of my home," Doyle said.

One case Doyle worked on involved eight siblings who were split up between five different homes.

"It took a lot of proceedings, but eventually we got them together for a visit. They had not seen each other for three years. It was really rewarding," Doyle said.



*From left, Travis Claybrooks, DVERT case coordinator, Mittie Pedraza, CASA program director, Master Sgt. Jessie Tucker, SEPT volunteer, and Capt. Lauren Doyle, CASA volunteer, review a case file at the CASA office Friday.*

Volunteering with CASA has difficult moments, also.

"When a child is there (for a visitation) and does not want to see his parent for whatever reason, it is hard. But I know it's important at some point for the child to reconnect with the parent," Tucker said.

As a CASA, Doyle makes recommendations to a judge, based on what is in the best interests of the child.

"It's not always what the child wants. It is difficult to make a decision you truly believe is in the best interests of the child, even though it may upset them," Doyle said.

Travis Claybrooks, former non-commissioned officer in charge of Fort Carson's Harmony in Motion, works full-time as a Domestic

# Community briefs

## Miscellaneous

**DECAM Christmas tree recycling** — The Directorate of Environmental Compliance and Management Wildlife Office will recycle Christmas trees again this year. The trees will be used to improve wildlife habitat for small animals and birds and to improve fisheries habitat in our ponds and reservoirs. Trees can be dropped off at either of two sites: (1) Specker Avenue site: Asphalt parking lost across the street from building 2425, north/east side of Specker Avenue, one-half mile south of Burger King. Collection area will be set up on the north end of the lot; and (2) Harr Avenue site: Apache Village on Harr Street, less than one-half mile south/west of Chiles in the parking lot on the north side of the basketball courts. The stations will be operated from Dec. 25 through the end of January. Please remove all ornaments and tinsel before dropping off trees. For more information call DECAM Wildlife Office at 579-9094.

**Enjoy a free holiday dinner** — Dec. 25, hosted by the Salvation Army and a host of volunteers. The traditional meal is served at the following locations and hours: The Salvation Army, 908 Yuma St., 11 a.m.-2:30 p.m.; The Odd Fellows Hall, 575 S. Union Blvd., 11 a.m.-2:30 p.m.; Marian House, 4 W. Bijou St. 10:30 a.m.-1 p.m.; Manitou Springs Town Hall, 606 Manitou Ave., Manitou Springs, 11 a.m.-2:30 p.m.; Fountain Valley Senior Center, 5725 Southmoor Dr., Fountain, 11 a.m.-2:30 p.m.

**Martin Luther King Jr. Art Contest for children** — Fort Carson Equal Employment Opportunity Office is hosting a children's Martin Luther King Jr., art contest in preparation for Black History Month celebrations. There are four age groups: up to age 5; ages 6-8; ages 9-11; and ages 12-18. Entries are due by Jan. 9 and should be turned in at any Child and Youth Services Center or CYS Central Registration Office. For more information, call Patricia Rosas at 526-9673 or e-mail her at [patricia.rosas@carson.army.mil](mailto:patricia.rosas@carson.army.mil).

**Fort Carson Veterinary Treatment Facility holiday closures** — The veterinary facility will be closed Dec. 23-26, Dec. 30 and Jan. 1-2 for the holidays. Please contact a local civilian veterinarian for pet emergencies during these days.

**Job openings** — Fountain-Fort Carson School District Eight has openings for an assistant kitchen manager and for food-service workers. For more information call 382-1334 or apply in person at 11355 Old Pueblo Road in Fountain.

**Video Messenger** — is free at the library.

Soldiers and family members can record a video in either mini-DVD or VHS before and during deployments. Call 526-2350 to schedule an appointment.

**Alcoholics Anonymous meetings** — are held each Wednesday from 7-8 p.m. at the Colorado Inn, corner of Sheridan Avenue and Woodfill Road, building 7301, room 203. Call 322-9766 or 471-1625 for more information.

**Harr Avenue reconstruction** — from Titus Boulevard north to Coleman Avenue will begin Monday and continue for approximately 12 months, in four phases. Phase one includes the Titus Boulevard intersection to a point south of the north entrance to Aleutian Circle, and weather permitting, will be completed by the end of February.

The contract includes replacing all of the asphalt, pouring concrete curb and gutters on both sides of the road, and the construction of 800 linear feet of sidewalks along the east side of the road.

**Hypertension class** — Do you have high blood pressure? Do you want to lower your risk of heart disease? A hypertension class is presented every other Thursday from 10:30 a.m.-12:30 p.m. in the Mountain Post Wellness Center, building 1526. To register or for more information call 526-7022. The class is presented by Disease Management and Nutrition Care.

**No physical training zone** — The area under construction, north of Ranges 69 and 5, should not be used for any training at any time. Construction is under way. The area is bracketed to the north by Khe Sahn Street, to the east by Berkeley Avenue, and to the west by Brown Road, Titus Boulevard and Specker Avenue.

**Fort Carson fire department** — will conduct a prescribed burn program, in accordance with permits issued by the Colorado Department of Public Health and Environment and in coordination with the El Paso County Department of Health and Environment, continuing until the end of December, weather permitting. For more information contact the Fort Carson Public Affairs Office at 526-1264/4113. After hours contact the 24-hour Emergency Operations Center at 526-5500 and ask for the on-call public affairs officer.

**Directorate of Environmental Compliance and Management** — Building 6287, near Prussman and Mekong, is being dismantled and demolished and will continue until Dec. 31. Stay out of the area and do not park within 100 feet of the building. Call Eldon Granger at 526-1687 for further information.



**Army Community Service**  
Family Readiness Center, Bldg 1526  
TEL: (719) 526-4590

## Sign Language Interpreters

**Do you know how to sign?**

**Would you like to assist families by making a difference in their lives?**

If so, the Army Community Service (ACS) Exceptional Family Member Program (EFMP) needs you. The EFMP is looking for interested Sign Language Interpreters to volunteer by assisting with various services and events. Help us make a difference.

For more information, call (719) 526-4590 or stop by and visit the Family Readiness Center, Building 1526.



### Child and Youth Services, Caring Saturdays

— Free child care for families of deployed Soldiers is offered the first and third Saturday of each month, from noon to 7 p.m., in the East Child Development Center, building 6058. Families must bring a copy of their sponsor's deployment orders and their child's up-to-date immunization record. For reservations call 524-4218. For further information call 526-1101.

### Evans Army Community Hospital

— The correspondence division of the Patient Administration Department will be closing Thursdays from noon-6 p.m. Release of information requests will not be taken during this time. This will create faster turnaround time for copies of records.

**Ongoing road closures** — Portions of Specker Avenue and Titus Boulevard will be closed until April. Questions about the closure or disruption of traffic along Butts Road can be addressed to Fort Carson's Directorate of Public Works Traffic Engineer, Rick Orphan, at 526-9267 or Fort Carson's Army Corps of Engineers Transformation Resident Office, Maj. John Hudson, at 526-4974.

**Claims against the estate** — Those with claims of indebtedness to the estate of Lt. Col. Eric J. Kruger, deceased, should contact 2nd Lt. Jacob T. Carlisle at 526-9587.



# Keeping homes safe

## Fort Carson Fire and Emergency Services

### *Directorate of Public Works*

The Fire Prevention Service of the Fire and Emergency Services at Fort Carson has the following advice to keep your house safe during the holiday season.

#### **Christmas trees**

- \* Regularly check your tree for fresh, green needles. Trees that have dried out over several weeks burn faster than those that are fresher, well-watered. Remember to keep your tree watered at all times.

- \* Make sure your tree stand holds at least a gallon of water. As a general rule, stands should provide a quart of water per inch of trunk diameter. The average six-foot tree has a four-inch diameter trunk and can consume as much as four quarts, or one gallon, of water per day.

- \* Keep your tree at least three feet from fireplaces, radiators, space heaters, heating vents and other sources of heat. Don't place the tree where it blocks an exit.

#### **Lighting**

- \* Look for the UL mark on light strings, electrical decorations and extension cords. The UL mark

means that Underwriters Laboratory engineers have tested representative samples of the product for foreseeable safety hazards, such as fire and electric shock.

- \* Ensure outside lights, decorations and extension cords are rated for outside use. Lights intended for indoor-only use bear green holographic UL marks. Light strings intended for indoor and outdoor use bear red holographic UL marks.

- \* Carefully inspect each electrical decoration — new or old — before plugging it in. Cracked sockets, frayed, bare or loose wires can cause a serious electric shock or start a fire. Replace damaged items with new, UL-listed decorations.

- \* Don't use staples or nails to hang light strings. Instead, purchase plastic hooks or clips designed for hanging light strings.

- \* Check packaging to determine the maximum number of strings that may be connected or use this rule of thumb: connect a maximum of three midget (push-in bulbs) light strings or up to 50 bulbs of light strings with the screw-in bulbs (C7s and C9s).

- \* Don't overload extension

cords by plugging in too many decorations.

- \* Turn off all electrical lights and decorations before leaving home or going to bed.

- \* Read and follow the manufacturer's instructions for electrical decorations.

#### **Candles**

- \* Keep candles away from combustible materials, such as decorations, paper, wreaths and boughs.

- \* Place candles away from places where they could be knocked over by a person or pet.

- \* Use sturdy, noncombustible candleholders that can collect dripping wax and won't tip over.

- \* Extinguish a candle when two inches of wax remains or a half-inch if the candle is in a container. This prevents heat damage to the surface and stops glass containers from breaking.

- \* Always keep candles, as well as matches and lighters, out of the reach of children, and don't leave children unattended in a room with lit candles.

- \* Never use lit candles to decorate Christmas trees.

- \* Extinguish candles when leaving the room or going to sleep.

## Engineers

From Page 5

workers. Soldiers are always willing to work hard for the community and for others. We would encourage other soldiers to help in the way the 62nd Engineers have," said Paul Johnson, executive director of PPHFH.

The work the Soldiers of the 62nd Engineer Company performed required basic carpentry skills for molding, painting, cutting and hammering to renovate a unit off Fountain Boulevard near Union Street Nov. 30. The next day, the 62nd Engineers laid a foundation for a new home being built by PPHFH.

"I gained a lot from being out here helping on my free time. Being straight out of basic, we really don't get a lot of time doing construction work like this. I feel like I am helping myself as well as helping others," said Pvt. 1st Class Michael Glidewell.

Glidewell is one of 31 soldiers who gave up his free time to help in this volunteer project. Anyone interested in helping on other projects can contact the Pikes Peak Habitat For Humanity at 475-7800.



## 4-H Fair and talent show

*Third and fourth graders perform at the School-Age Services building, Dec. 8, for the Kindergarten-fourth grade 4-H Fair. First and second graders put on a puppet show and kindergartners proudly displayed their results of Internet research on spiders.*

## Trees for Troops

*Spc. Stephane Peltier, 1st Squadron, 6th Cavalry Regiment, 1st Infantry Division, carries a Christmas tree Dec. 6, for Spc. Heather Bonds, center. Spc. Henry Chan, right, helped choose the tree. The trees were donated to Soldiers by Christmas Spirit Foundation and FedEx.*

Photos by Rebecca E. Tonn







Photo by Sgt. Zach Mott

## Post Run

*Members of the 3rd Heavy Brigade Combat Team, 4th Infantry Division, push through the final yards of the Fort Carson installation run Dec. 8. The Striker Brigade recently returned to the Mountain Post after participating in Operation Iraqi Freedom.*



# Living with coyotes

by **Richard Bunn**

*Directorate of Environmental Compliance and Management Wildlife*

Living in Colorado is synonymous with living with wildlife and one of the enduring symbols of the Southwest is hard to miss on Fort Carson: the coyote. Known as God's Dog to American Indians, the coyote evokes a range of human emotions from wrath to admiration.

Chances are you have seen a coyote if you spend anytime outdoors or live in one of the many housing areas of Fort Carson bordering the 135,000 acres of prime undeveloped wildlife habitat known around here as downrange.

The adaptable coyote is a North American native related to wolves and dogs. The extermination of wolves in the western U.S. has greatly benefited the coyote, allowing its numbers to increase. In some ways, man has replaced the wolf as the chief predator of the coyote, but he lacks the success of the wolf when it comes to keeping coyote numbers in check.

Coyotes are generally most active between dusk and dawn, but may be seen anytime of day. When persecuted, coyotes will change when, where and

how they go about their business. Coyotes living in the urban-wildland interface of the Pikes Peak region are becoming accustomed to people, which is allowing them to cohabitate with people. In some cases, coyotes are coaxed to stay once they find their way into our neighborhoods.

## **Keep coyotes wild**

Coyotes are extremely adaptable and readily take any handouts, intentional or otherwise, as an invitation to move in. They are generally wary of people, but can quickly habituate and make housing areas and nearby trails part of their happy hunting grounds. Fear of man goes out the window once they learn small pets are easy prey and dog food is plentiful in neighborhood backyards.

Dog food and water left out at night encourages visits from coyotes and other potentially dangerous predators. The coyotes may or may not be in a yard for the dog bowl, but they can't resist the host of scavengers that are attracted: rats, mice, and raccoons. If coyotes are provided food, they will come and before long, a pretty good piece of the food chain is visiting the yard each night. And in most urban areas, the coyote is top dog in the chain.

## **Protect pets and children**

Coyote attacks on children and

adults are very rare, but they do occur annually in the United States. Never leave small children unattended, especially in areas where coyotes have been seen. On Fort Carson, that means just about anywhere in the housing areas and along one of the many trails and parks. Don't allow pet cats and dogs to roam the neighborhood. Don't leave dogs out

at night. Don't approach a coyote while with a dog, on or off a leash.

## **Protect the neighborhood**

Let coyotes know they are not welcome around homes. If coyotes are seen in the area, get with the neighbors and make sure they are aware of the problem. Together, plan collective

See **Coyote** on Page 28



Photo by Harold Noonan

*The adaptable coyote is a commonly seen inhabitant of the Pikes Peak Region.*

*Blessed be*

# Learning more about Wicca

**Story and photo by Michael J. Pach**

*Mountaineer staff*

Wicca is one of the oldest religions in the world, having been practiced for thousands of years. It is a nature-based religion and is practiced by a group on post known as the Fort Carson Open Circle. The group meets on post every Monday at 6:30 p.m. in support of Soldiers and their families. They also use an area near Turkey Creek Ranch to perform rituals. Its designation as an open circle means that they will accept anyone with a kind heart that is willing to learn.

Wicca is an ancient word that means “wise ones” and Wiccans, or Pagans, seek the answers to divine questions through free will, study, looking within oneself and the observation of the “spirit of One” as seen in nature. They believe that divinity exists in all things, so they treat everything on earth as divine and respect all life.

The Wiccans are an eclectic group that doesn’t proselytize and bases their actions on dispelling negative energy and preserving, and giving back to nature.

“If you pick a flower, you should give something back to the earth as thanks for that flower,” said Rhonda Helfrich, leader of the Fort Carson Open Circle.

The Wiccans also believe that nothing they do should be used to harm anyone or to create negative energy and that positive energy has a direct effect on healing and achieving goals.

“We believe that if you do something, you get that back three-fold, good or bad,” said Helfrich. “If you want to achieve something, you should visualize it and meditate on it.”

Many myths surround the practice of Wicca that are based on misinformation. The Wiccans are not devil worshippers; in fact, they do not believe in the devil. They do not sacrifice animals nor do they cast spells on people to negatively affect their free will. They do not participate in orgies or naked rituals.

“People that don’t know a lot about Wicca should be more informed from a neutral source,” said Helfrich about those who believe the myths about Wiccans.

A variety of symbols are associated with Wicca, the most recognizable being the pentacle, a five-pointed star within a circle. It represents the integration of body and spirit and the mastery of the four elements; earth, fire, air and water. The Veterans Affairs Department recently allowed the use of pentacles on plaques and headstones at veterans cemeteries to honor those who practice Wicca.

Several of the holidays we observe today are based on Wiccan or Pagan celebrations. They were adopted by Christians as a way to attract Pagans to the Christian church. The most widely-known Wiccan holiday is yule, or the winter solstice, which is very similar to Christmas. This celebration comes on the shortest day of the year to observe the rebirth of the sun since days will start getting longer.

The Fort Carson Open Circle will celebrate



*A member of the Fort Carson Open Circle lights candles on the altar at the start of a service.*

yule with a feast Monday. If you are interested in joining the yule observance or the group, contact Helfrich at 338-9464.



## Looking for my star: Christmas reflections from Iraq

**by Chap. (Capt.) Paul Fritts**

*1st Squadron, 6th Cavalry  
Regiment (Aviation) Chaplain*

'Twas the night before Christmas 2005 and I had a religious support mission to accomplish: fly on a Black Hawk to al Kaisik, an Iraqi Army base, and conduct chapel services for the few hundred American soldiers stationed there.

I fly to al Kaisik every week, so packing for the overnight trip has become fairly routine. The difference this time is that the weather was cold, gray and threatening. I checked with our Air Force brothers in the weather section and they confirmed my suspicion that conditions would continue to decline and probably remain that way for a few days. Consequently, I thoughtfully and carefully considered what to pack in my one duffel bag and backpack in case I had to stay for a few days.

Power generation/fuel, food, and even water are chronic life-support issues at al Kaisik. I could expect the building where I sleep to lose power and not have water at any time, and perhaps remain that way for days. Although the food situation has

improved, the breakfast and lunch menu include field rations, the evening meal is a hot field ration called a "T-Rat:" think Stouffer's, only not as good. All that is to say, I wouldn't starve or die of thirst, but careful packing could mitigate the potentially uncomfortable conditions I would face.

Since it was Christmas, I packed a mini-DVD player and some movies, along with two bags of Christmas M&Ms to share, my favorite cinnamon and brown sugar Poptarts, some raisins, and three cans of Coke Light. Last, but certainly not least, my Chaplain's kit with enough communion wafers and grape juice for two services, my stole, two sermons and a pocket Bible.

Earlier in the day I had sent an e-mail to my wife Karen that probably seemed grumpier than I intended. It was Christmas Eve and I was in Iraq. The weather was lousy and getting worse. And to be honest, I really didn't want to go to al Kaisik. Karen's reply to that e-mail was gentle, thoughtful and encouraging. People ask me, "Who does the chaplain go to when the chaplain needs someone to talk to?" The answer for me is easy:

Karen. She is my hero, my anchor. And she's not above holding my feet to the fire, keeping me accountable to my duty. She challenged me to quit complaining about the weather and my trip to al Kaisik and to focus instead on the meaning, the spirit, of Christmas. Coming from anyone else, I would have dismissed the comment as corny, holiday well-wishing. Remember the "Reason for the Season!" But I pay attention to what my wife says, and what she said next really stuck with me. She said, "Tonight while you are flying over the desert in that Black Hawk, look for the star." I got a lump in my throat.

I looked for the star in the sky that Christmas Eve night of 2005, but a thick blanket of clouds made for nothing to see but darkness.

Landing at al Kaisik I quickly set up a simple field service with a cheap plastic table serving as an altar and cheap plastic chairs for the Soldiers. Having filled the chalice with communion wafers and grape juice, I put on my stole, got out my sermon notes, and greeted Soldiers as they arrived. The six of us who gathered muddled through first

verses of "Joy to the World" and "Silent Night" acapella. I preached, prayed, and shared in the Lord's Supper with my fellow brothers in Christ. Dismissing us with a benediction, everyone quickly left and my driver took me to my room.

When he dropped me off at my building, I immediately noticed that there were no lights. Other buildings at al Kaisik had power, but the generator servicing this building had a history of problems. I crawled into my sleeping bag and tried not to feel as dark and chilly as the room where I slept. As I drifted in the dark, I thought, "How funny ... tonight would be a great night for Santa to bring me a big lump of coal!"

Normally it takes me about two hours to visit all the places where American Soldiers live and work. I accomplished that mission and then headed to the chow hall where I was to provide a Christmas Day service just prior to sitting down to a special Christmas meal flown in from Camp Sykes by Black Hawk. By 2 p.m., about 60 Soldiers had gathered. Once again, I prayed, preached —

See **Star** on Page 34

## Chapel

### Soldiers' Memorial Chapel Protestant

**Sunday School** — will not meet Dec. 24 and 31. Join us Jan. 7 for "Treasure Island."

The Protestant Sunday School key scripture theme is "Give as freely as you have received (Matthew 10:8)." Classes study key Bible stories while having fun with music and games. Classes for all ages are in session Sunday morning at 9:30-10:30 a.m. Registration may be completed on Sunday morning at Soldiers' Memorial Chapel, building 1500.

### Christmas Week Services

#### Catholic

Dec. 23, regular Mass at 5 p.m., Soldiers' Memorial Chapel.

Dec. 24, regular Mass at 9:15 a.m. at Soldiers' Memorial Chapel.

Dec. 24, regular Mass at 11 a.m. at Provider Chapel.

Dec. 24, Christmas Eve: Children's Mass at 5 p.m., Soldiers' Memorial Chapel

Dec. 24, Candle-Lighting Mass at 10 p.m., Soldiers' Memorial Chapel.

Dec. 25, Christmas Mass, 9:15 a.m. at Soldiers' Memorial Chapel.

Jan. 1, Feast of the Holy Family, 6 p.m., Soldiers' Memorial Chapel.

#### Protestant:

Dec. 24, Christmas Eve Candle-Lighting Service, 7 p.m. at Soldiers' Memorial Chapel

#### Samoan

Dec. 24, 10 p.m.-midnight, service and youth presentation.

Dec. 31, 10 p.m.-midnight, New Year's Eve Service.

Jan. 4, 6-8 p.m., special New Year Week prayer service.

## Chapel Schedule

### ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/576-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

### PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Cartee/526-7387
Sunday	9 a.m.	Protestant Communion	Provider	Barkeley & Ellis	Chap. Mitchell/650-8042
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Nicholas/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Nicholas/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Fritts/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511
Sunday	9 a.m.	Samoan	Veterans'	Titus	Chap. Fritts/526-3888

### JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

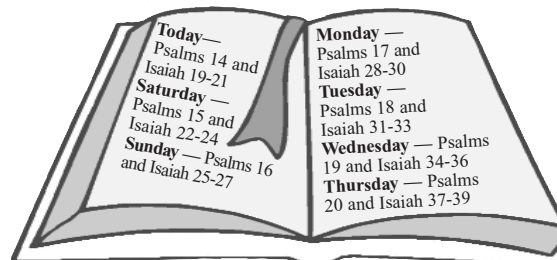
### WICCA

Monday	6:30 p.m.	building 4800, corner of Harr and O'Connell	Rhonda Helfrich/338-9464
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### NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel. These lodges are traditional Lakota spiritual ceremonies for cleansing, purification and prayer, and are fully sanctioned and supported by the Fort Carson Chaplain Command. Please call the following for information and directions: Charlie Erwin at 382-8177 or [erwincl@msn.com](mailto:erwincl@msn.com); or Zoe Goodblanket 442-0929.

**Daily Bible readings:** To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



**The Army Cycle of Prayer** — Please pray this week for the following:

**Unit:** For the Soldiers, noncommissioned officers and officers of the 101st Airborne Division, headquartered at Fort Bragg, N. C., forward deployed in support of various operations.

**Army:** For Maj. Gen. James Myles, commanding general of the U.S. Army Test and Evaluation Command and for the Soldiers, non-commissioned officers and officers assigned to this command.

**State:** For all the Soldiers and families from the state of West

Virginia. Pray also for Gov. Joe Manchin III, the state legislators and local officials of the "Mountain State."

**Nation:** For Postmaster General John E. Potter and the postal workers of America delivering our mail and packages, especially during this holiday season.

**Religious:** For all who share the joy of family and traditions centered around the celebration of Christmas.

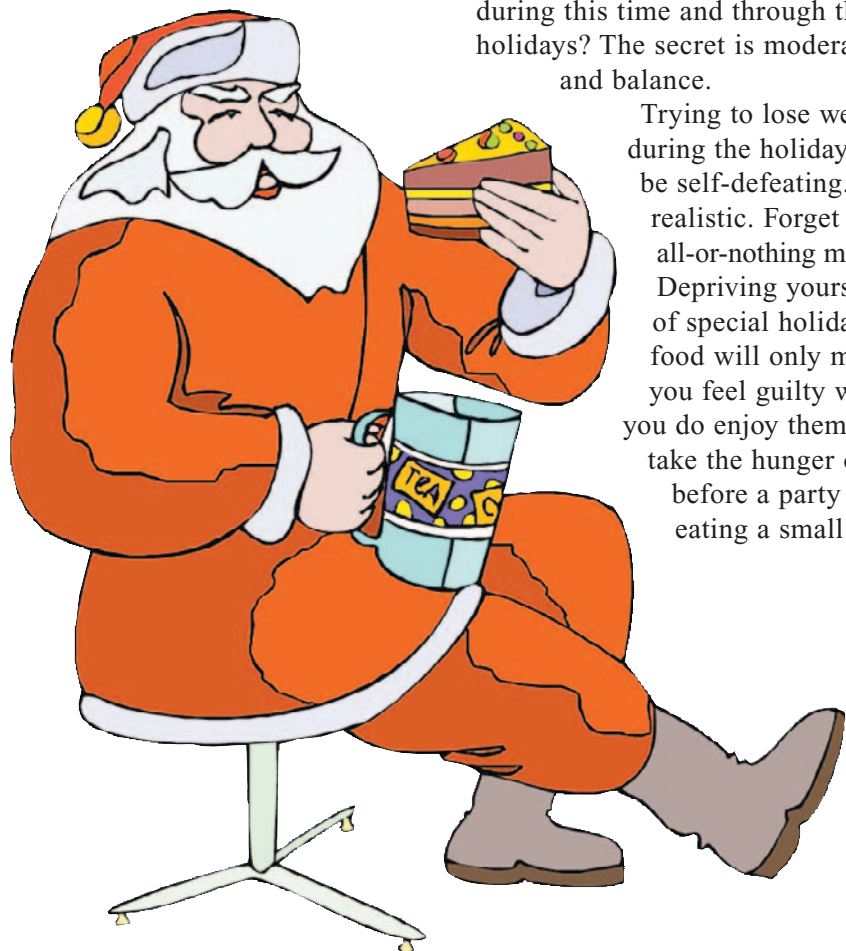
For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at [www.armychaplain.com](http://www.armychaplain.com).



## Can you keep off the seasonal weight gain?

**by Capt. Elizabeth  
Arvidson, R. D., L.D.**

*Reserve dietitian, Evans Army  
Community Hospital*



As the seasons begin to change with the weather getting colder we all have a tendency to hibernate — become less active and eat more. How can we maintain our weight during this time and through the holidays? The secret is moderation and balance.

Trying to lose weight during the holidays may be self-defeating. Be realistic. Forget the all-or-nothing mindset. Depriving yourself of special holiday food will only make you feel guilty when you do enjoy them; so take the hunger off before a party by eating a small

low-calorie snack. On party days eat small low-calorie meals throughout the day. This will help to keep energy intake to a minimum. If you are taking food to a party, bring fruit or raw vegetables with a low calorie dip such as a low-fat cottage-cheese dip. These will give you foods to “munch” on throughout the party.

Physical activity is a good way to burn calories, especially if you are going out to a party. There will be less guilt when enjoying party favorites knowing that you exercised earlier in the day. When choosing food at a party, look for the lower-calorie foods and ask for sparkling water with a lime twist instead of an alcoholic beverage. Remember, alcohol can lower your ability to make wise food choices and may cause you to eat more.

The importance of regular activity becomes more vital as the winter approaches with decreasing daylight and temperature. It's easy to not exercise and the time that had previously been spent outside is now spent snacking inside. The fitness centers on post, as well as the Mountain Post Wellness Center, offer inside locations for you to remain active. If you live off post,

you can walk inside the malls before they open for business. Try to keep with the goal of 10,000 steps per day and/or 30 minutes of activity per day. Consuming an extra 100 calories more per day will add up to a 10-pound weight gain at the end of a year. If you layer appropriately, you can still enjoy your outdoor activities, too. The key is to find an activity that you enjoy and just stick with it regardless of the month or season.

Healthy eating and exercise should involve the whole family, so plan activities the entire family can enjoy together. Avoid eating out on a regular basis and when you do eat out, share meals and avoid restaurants that only offer fried food. Cooking nutritious, well-balanced meals at home will not only be healthier for you, but will save you money. Visit [www.mypyramid.gov](http://www.mypyramid.gov) for ideas for healthy meals.

Maintaining weight is not easier during this period of time. It takes work and dedication. If you would like to discuss specific nutrition issues regarding weight control, schedule a self-referred appointment with one of the registered dietitians at Evans Army Community Hospital. Contact TRICARE at 457-2273.

## SAMC

From Page 7

prices and SAMC distributes those orders on post once a month. The next Share Colorado distribution is Saturday and the SAMC can use as much help as they can get with sorting orders.

The SAMC meets the third Thursday of the month from 11:30 a.m.-12:30 p.m. at the Family Connection, building 1354. No meeting is scheduled for December, so the next meeting is Jan. 17.

Nelson is looking forward to bringing together old and new members of the club and would like to encourage any qualified Soldiers to apply for membership.

"It's our country and we're doing service for our country," said Nelson. "The Audie Murphy members are at the forefront. These guys are the leaders, the platoon sergeants, the first sergeants, the squad leaders and the sergeant majors who are going out there and putting it on the line every day. If you aspire to be one of these guys, the Audie Murphy Club is where you should be, taking your knowledge and the talent you have and pouring it into those young Soldiers so that we'll have an Army for tomorrow and will be able to continue to do what we do for our country."

If you are a current or and aspiring member of the SAMC or would like to assist with Share Colorado, contact Nelson at 332-7945 or 526-8758.

## Selection Criteria

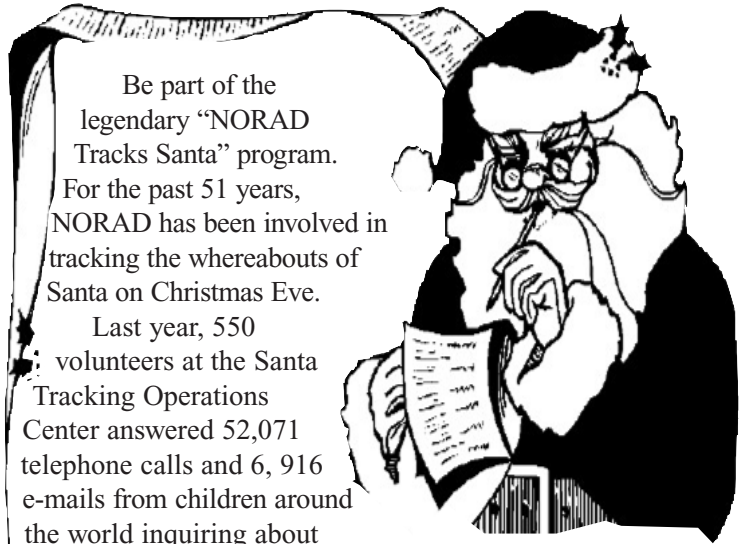
To be eligible for the Sergeant Audie Murphy Club, Soldiers must meet the following requirements:

- Rank of Corporal through 1st Sergeant
- High school graduate or equivalent.
- No record of Article 15 or court-martial during current enlistment.
- Qualified expert with his/her assigned weapon within the past 12 months
- Minimum score of 250 on current Army Physical Fitness Test.
- Demonstrate outstanding leadership ability and job performance when compared to peers.
- Appear before and be recommended by battalion and brigade level Audie Murphy selection board.
- Supervise at least two Soldiers (can be waived by the post command sgt. maj.).
- Be endorsed in writing by the candidate's noncommissioned officer support channel through brigade or major support command.
- Other criteria may be added by units at their discretion.

**Source: Sergeant Audie Murphy Club Guide**

## WANTED: "NORAD Tracks Santa" Santa Trackers!

*Northern Command Public Affairs Office*



Be part of the legendary "NORAD Tracks Santa" program. For the past 51 years, NORAD has been involved in tracking the whereabouts of Santa on Christmas Eve.

Last year, 550 volunteers at the Santa Tracking Operations Center answered 52,071 telephone calls and 6,916 e-mails from children around the world inquiring about Santa's location.

This year, NORAD Public Affairs will again need hundreds of volunteers to work two-hour shifts at the "NORAD Tracks Santa" Operations Center located at Building 910, on Peterson Air Force Base. Available shifts are from 2 a.m. Dec. 24 - 2 a.m. Dec. 25.

Volunteers must be at least 14 to answer phones or e-mails. The Operations Center is family friendly, with refreshments and videos for children accompanying their parents or older siblings.

Send an e-mail to [nnc.pa.nts.omb@northcom.mil](mailto:nnc.pa.nts.omb@northcom.mil) for a registration form.

Contact MSgt. Anthony Hill at 554-4072, [anthony.hill@northcom.mil](mailto:anthony.hill@northcom.mil) or Maj. Stacia Reddish at 554-3525, [Stacia.reddish@northcom.mil](mailto:Stacia.reddish@northcom.mil) with questions.

## Icy walks and snowy roads — who is responsible for what?

### Operations Division

#### *Directorate of Public Works*

As snow season has begun, the Directorate of Public Works, responsible for ensuring the safe movement of traffic on Fort Carson, reminds residents and employees of individual responsibilities when it comes to ice and snow removal.

The Roads and Grounds crew of Fort Carson Support Services, the Directorate of Public Works Operations and Maintenance contractor, is responsible for snow removal on streets and parking lots and for ice control at intersections, bridges and other hazardous road sections. Snow removal around buildings and at building entrances is typically the responsibility of the occupants, except for public-use facilities, such as chapels or child development centers.

For the upcoming winter season, Fort Carson residents and employees should expect a level of service comparable to what any other municipality delivers. This means snow removal operations on Fort Carson will begin when snow accumulation reaches three inches. Roads are safely drivable with three inches of snow as long as drivers slow down and allow a greater braking distance.

Ice control at buildings is typically an occupant responsibility. If there is ice on the walkway or steps, the occupant is responsible for applying a Directorate of Environmental Compliance and Management-approved ice-melt product. FCSS will apply ice melt to public-use facilities when the snow depth reaches three inches. Ice melt can be picked up at building 217.

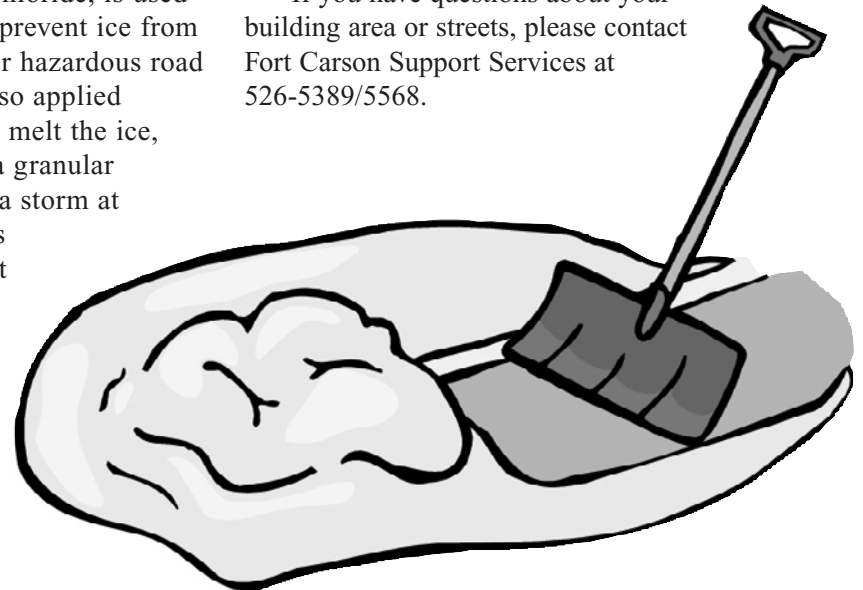
FCSS has two teams of equipment operators and laborers, prepared to work 12-hour shifts, to clear roads when a storm disrupts normal travel conditions on post. Removal of snow on Fort Carson is governed by priorities. All major roads on Fort Carson, higher headquarters buildings, such as building 1430 and the garrison headquarters, child development centers, chapels on Sunday and Evans Army Community Hospital are listed as priority 1. The Fort Carson Main Post Exchange, Mini Mall, secondary roads and Grant Post Library are listed as priority 2. Dental clinics, chapel offices and other Soldier-support buildings are listed as priority 3.

Prior to, during and after snow removal activity, you may see equipment applying liquid and/or granular de-icing product to the street intersections. The liquid product, magnesium chloride, is used primarily before a snowstorm to prevent ice from forming at intersections and other hazardous road points. Magnesium chloride is also applied after ice has formed on streets to melt the ice, increasing traction. Ice-slicer is a granular product typically applied during a storm at intersections and other hazardous road points. The granular product will assist with traction while melting any formed ice. Both products are environmentally safe and have been approved for use on Fort Carson by DECAM. For your safety, we recommend you keep 200 feet behind any snow removal equipment.

To make your travels on Fort Carson safer, very soon you will see signs indicating snow routes on Fort Carson. These signs will make it easier for all personnel to determine which roads to take for the best post travel, and to reach an installation gate or EACH during snowstorms. The signs will have a red background with white lettering marked "SNOW ROUTE." These signs will be located along the roadside leading to and from all the major gates.

Fort Carson Support Services will activate its Snow Control Center during winter storms. The Snow Control Center will monitor all snow removal operations during a snowstorm and will continue to monitor the removal of snow until all roads, as well as sidewalks and parking lots, have been cleared on Fort Carson, by priority.

If you have questions about your building area or streets, please contact Fort Carson Support Services at 526-5389/5568.





## Passport laws to change in early 2007

by **Al DeSarro**  
*U.S. Postal Service*

Have you obtained your passport for that planned overseas vacation or business trip yet? New passport laws will go into effect Jan. 8. The new laws will require U.S. travelers—by air or sea to or from Canada, Mexico, Central and South America, the Caribbean, and Bermuda—to have a valid passport.

Save time and convenience and obtain your passport now through your local post office. More than 5,000 larger post offices nationwide offer passport application service.

Customers can call (800) ASK-USPS (800-275-8777) or go to <http://usps.com/passport> to find a passport post office near you and its service hours.

When applying for a passport, customers must present proof of U.S. citizenship, such as a birth

certificate or previous passport, and proof of identification, such as previous passport, driver's license, military identification card or the like. For an extra fee, photos required for your application can also be taken at most

post offices offering passport service. Other businesses, like some drugstores or photo processing centers, can also provide the appropriate type of photo. Depending on how busy the post office is during this time of year, it might be advisable to have your photo in hand to expedite the processing procedure.

The cost of a passport at the post office is based on the age of the applicant and includes the passport and Department of State processing fee. For those 16 and older, the charge is \$97. Anyone younger than 16 years is charged \$82. The U.S. Department of State recommends allowing at least six weeks for passport processing. Passport applications must be made in person at a participating post office. Applications cannot be made online.

If a passport is needed in a short time, the postal employees can assist you with sending the application via Express Mail and with how you can request expedited service.



## Coyote

From Page 17

steps everyone can take to make yards less appealing to coyotes. If problems can not be resolved, don't hesitate to contact the Directorate of Environmental Compliance and Management Wildlife Office to schedule a visit with a wildlife officer to the neighborhood (524-5394 or 524-5356).

### Report threats and attacks immediately

If attacked or threatened, or coyotes are seen acting aggressively toward people or pets, contact the Fort Carson Military Police immediately at 526-2333. They will respond and contact DECAM Wildlife Officers.

### Coyote encounters

Coyotes are generally shy, but if approached by a coyote speak to it in a loud authoritative voice.

Do not approach a coyote or encourage an encounter. If approached at an uncomfortably close distance, throw sticks or other objects to scare the coyote away. Teach children to stay in a group if a coyote is encountered and move toward a safe area. Never run from a coyote. Report the encounter to the DECAM Wildlife Office.

This is a simple and easy to understand fact: Fort Carson is not New York City. Coyotes, bears and mountain lions are an omnipresent and unique part of the Colorado landscape. There's no escaping that fact. To ensure personal safety and the safety of pets, children, and neighbors, don't encourage coyotes to come into neighborhoods. Take simple precautions to discourage coyotes.

# Skillful soprano sings with style

Story and photo by  
**Michael J. Pach**

*Mountaineer staff*

Sgt. Gloria Crossett is a “Jane of all trades.” With skills in language, art and science, she covers a lot of ground, but most people know her for her musical talent.

Crossett has been a soprano with Fort Carson’s Harmony in Motion since February and has good things to say about being part of the group.

“I like it,” said Crossett. “I like to travel and meet people and see their smiles when we perform. It’s rewarding. I do a lot of things that are rewarding and this ranks pretty high up there.”

Her favorite moments with the group came when performing recently

for the students at Jordahl Elementary and when singing “God Bless America” while standing on home plate during the seventh inning stretch at Coors Field for a military appreciation day baseball game.

Crossett is currently scheduled to leave the Army January 7, but she is weighing the options between a continued Army career and a civilian career.

If she stays here, Crossett would like to continue performing with Harmony in Motion and perhaps coach a volleyball team. If she leaves the Army, she plans to use her security clearance and language skills as a defense contractor in Iraq.

Crossett enlisted in the Army out of college in December 2001 as a way to set a solid goal for herself, to put

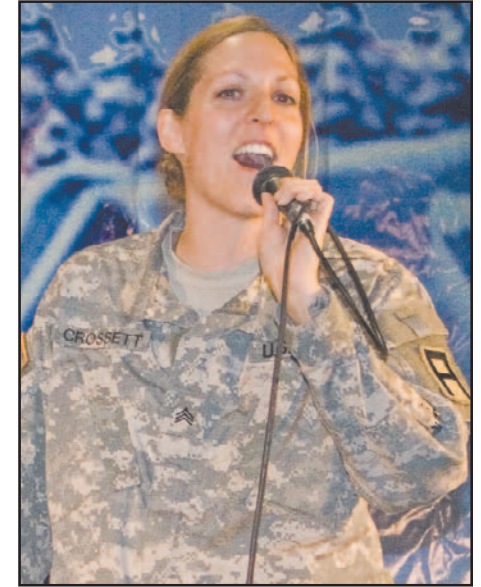
her life on a definite track and to give back to society.

“I feel like everybody owes something to society and this is my way of contributing,” said Crossett.

Crossett began her career with the Army in January 2002 with basic training at Fort Jackson, S.C., and went on to the Defense Language Institute in Monterey, Calif., where she earned an associate degree in Arabic. She received her advanced individual training at Goodfellow Air Force Base, Texas, between March 2002 and May 2004. She deployed to Iraq with the 3rd Armored Cavalry Regiment in Feb. 2005 for one year as part of the largest military intelligence unit supporting Operation Iraqi Freedom.

“I liked it for the experience,” said Crossett about being stationed in Iraq. “It was eye-opening to see the dichotomy between our culture and the culture of the people in Iraq. It was night and day. A lot of people take for granted what we have here, and people will always find something to complain about, but when you have the chance to see what others don’t have, it makes the complaints less valid.”


As a native Iowan, Crossett grew up in Iowa City and



*Sgt. Gloria Crossett sings a holiday song on opening day of the Holiday Village at the Special Events Center.*

attended Wartburg College in Waverly, Iowa, for two years. She earned an associate degree of art and an associate of science in biology at Indian Hills Community College, a bachelor of art in fine art from the University of Iowa and is currently four credits away from a bachelor of science in biology.

Crossett is a talented sculptor whose work has been on hiatus since returning from Iraq.



Harmony in Motion is currently in a time of transition and is seeking singers. The group will be holding open auditions to fill a number of vacancies.

Soldiers interested in singing with the group should contact Sgt. Scott Dickson at 524-3618, 338-2340 or by e-mail at [scott.d.dickson@us.army.mil](mailto:scott.d.dickson@us.army.mil). More information can be found on the Web site at [www.carson.army.mil/harmony](http://www.carson.army.mil/harmony). Applicants need to have a love of music and singing. The ability to read music is a plus but not a requirement.





A Soldier from the 360th Transportation Company, 43rd Area Support Group defends his M1075 Palletized Load System during lane training exercises downrange.



Spc. Christopher Abel, 5th Armored Brigade, Fort Carson, with gun, acts as an Iraqi national and attacks an M915A3 Tractor during lane training while a Soldier from the 360th Transportation Company observes.



Acting as Iraqi national, Spc. Christopher Abel, 5th Armored Brigade, Fort Carson, ambushes Soldiers of the 360th Transportation Company.



Staff Sgt. Barnaby Smith, 316th Field Artillery, 4th Infantry Division, left, and 1st. Sgt. Josie Janhke, 360th Transportation Company, front with helmet, lead Soldiers to the debriefing area to discuss a completed exercise.



**Left:** Staff Sgt. Barnaby Smith, 316th Field Artillery, 4th Infantry Division, talks to Soldiers of the 360th Transportation Company and discusses their performance after a lane-training exercise.

**Right:** An M915A3 Tractor is disabled by opposition forces during a lane-training exercise with the 360th Transportation Company.



**Large photo:** Acting as an opposition forces member during a lane-training exercise, Sgt. Daniel Cerling, 360th Transportation Company, 43rd Area Support Group, attempts to stop a convoy as an M1070 Heavy Equipment Transporter rolls by. He is wearing a mock improvised explosive device on his back.

# Training with the 360th Trans

Layout by Jeanne Mazerall

**Story and photos by Michael J. Pach**  
Mountaineer staff

The 360th Transportation Company of the 68th Combat Support Battalion is unique. It is the only transportation company on post that utilizes three types of vehicles: M1070 Heavy Equipment Transporters for moving tanks, Bradleys and other tracked vehicles, M915A3 Tractors for hauling fuel and the M1075 Palletized Load System for transporting ammunition and supplies.

"It's challenging and exciting and unique for any new Soldier to come here and to be able to be qualified on so many pieces of equipment at the same time," said Sgt. 1st Class Juan Diaz De Leon. "A Soldier can be trained and have a license on these three types of vehicles within one year as compared to some Soldiers that might

take up to 10 years in three different units."

The 360th Trans Co. recently completed three weeks of lane training downrange in preparation for its return to Iraq. One week of training was scheduled for each platoon, and the three types of vehicles used within the company were combined on the last day. The Soldiers will also undergo similar training in February at Piñon Canyon.

Lane training is designed to keep Soldiers' combat skills proficient by supplying them with the latest information on enemy tactics and processes that allow them to defend themselves and minimize risks.

Members of the 4th Infantry Division who recently returned from Iraq acted as trainers and evaluators since they had the most updated intelligence information about the enemy's tactics.

"We need outside eyes to check on what we're doing," said 1st. Sgt. Josie Janhke, 360th Trans.

Soldiers from the 91st Training Brigade acted as opposition forces while running 10 different drills that included indirect fire, improvised explosive devices, road blocks, ambushes, rocket-launched grenades and local nationals. After each drill, the company met at a rally point to discuss the exercise and prepare for the next.

"I've seen a 100 percent improvement from the first evaluation," said Staff Sgt. Barnaby Smith, 316th Field Artillery, 4th ID, when asked about the company's performance on the last day of training.

Janhke was also pleased with the training and felt it will help the Soldiers on their next deployment in support of Operation Iraqi Freedom.

"Realistic training saves lives," said Janhke.





Photo by Master Sgt. Dennis Beebe

## Doing the right thing

*Occupants of the Directorate of Information Management building were evacuated Monday when a mysterious package was delivered to the offices of G-6, Division West, First Army, on the second floor. The package was addressed to an individual with another organization's address. Following appropriate Operational Security procedures, the Fort Carson Police were contacted and Fort Carson's fire department's Hazardous Material section and Explosive Ordnance personnel were called in to determine the package's contents. The contents were harmless, but the personnel who called the appropriate offices did the right thing. During this time of year, when more letters and packages are delivered to offices, personnel are reminded not to open any suspicious packages or letters.*

## CASA

From Page 12

Violence Enhanced Response Team coordinator at CASA and also volunteers with CASA.

"DVERT is a multi-disciplinary team. My role is to provide advocacy for the children. DVERT screens and takes some of the most lethal domestic violence cases," Claybrooks said.

"There are a lot of military families that benefit from the work CASA does, so Soldiers can be helping their own," Claybrooks said.

Once children are removed from a home, the goal is to reunite them with their biological parents and family.

"There is a big sign when you walk in the courthouse, 'absolutely no children allowed in courtroom.' CASA does for them what they cannot do for themselves. We do know what they (the children) want and we can relay that information. We provide a voice for them," Claybrooks said.

Mittie Pedraza, CASA program director since 1999, discovered CASA after she moved to Colorado Springs. She had been in healthcare and corporate law in Georgia for 10 years.

"I didn't want to practice law the way I had been, but I liked the legal connection (of CASA). It was a stepping stone to meet people; but I've just fallen in love with the whole mission of CASA.

"CASAs bring their own individual world experience to this. They think of things no one else would. They bring their own creative magic, and I just love that piece," Pedraza said. Not surprisingly, the volunteers agree.

"CASA is one of those feel-good things," Tucker said.

To volunteer as a CASA or a SEPT, contact Lori Jenness, CASA volunteer director, at 447-9898, extension 1008. For more information, visit the Web site at [www.casacoloradosprings.org](http://www.casacoloradosprings.org). CASA is located at 701 S. Cascade Ave.



## Star

From Page 20

and to the chagrin of some — made everyone sing a verse of “Silent Night.” With the benediction, we dismissed to enjoy a meal of steak, mashed potatoes, corn, pie and other goodies. The atmosphere was festive and, at least for a little while, a few hundred American Soldiers 7,000 miles from home on Christmas Day forgot about fighting.

After sharing the movie I had brought, I collected my gear and headed to the helo pad. A flight was coming to bring a second load of hot chow and I expected to fly back to Camp Sykes on the returning Black Hawk. Glancing up at the sky, I whispered a prayer for clear weather and thought, “Hey ... if it worked for General Patton’s chaplain, why not me?” But as the

clouds continued to gather, my mood continued to darken, and I did not see a star. My flight was finally cancelled at midnight.

The weather continued to be terrible and flights canceled. So it was Wednesday before there was another chance for a flight. I was glad I packed two cartons of grape juice. Once again, the faithful gathered where I prayed, preached and served communion. Afterward, I hitched up my backpack and duffel bag and started the mile hike to the helo pad. A Good Samaritan picked me up along the way. I was early, so I waited. The weather was cold and clear. Would I see a star tonight?

At last, I heard the choppers. I felt that my salvation was near. Twenty minutes later I was back in the land of hot food, hot showers, laundry, and functional plumbing.

It’s now New Year’s Day. I’ve had

three days to reflect on my Christmas experience at al Kaisik and on Karen’s challenge to me. At various times during the last week I’ve looked up at the night sky. Sometimes I see stars, sometimes I don’t. The star that Karen challenged me to look for, though, isn’t in the sky. It’s funny, but the moment I failed to see with my eyes was when I finally saw with my heart.

Even though this is a Christmas memoir, I’ll borrow from a favorite Easter story. Jesus, on the road to Emmaus, journeyed with the two men. They failed to recognize, to see him until their journey brought them to the Lord’s table when he was revealed in the breaking of bread. That story speaks to me about the seen and unseen of life’s journey, and how the essential nature of Jesus is revealed in the simple act of breaking bread among those with whom one journeys. It speaks to me

of the relationships one has with God, others and oneself.

Karen’s challenge to me, to look for the Christmas star, holds similar meaning to me. The star isn’t a point of light in the sky, but represents an attitude and a relationship. It’s a reminder of the birth of Jesus, the gift of grace his birth brings and to be thankful for what is often taken for granted (not noticed, or unseen) whether it is a clean undershirt, a flush toilet, or the gift of salvation.

My trip to al Kaisik was happiest when I was in worship, or just chatting up the guys. Sure, I had numerous inconveniences.

And I felt them most acutely while holed up in my room. Not that there isn’t a time and a place for solitude, but it seems the “stars” that pointed me in the direction of the Christ was a thankful heart and fellow travelers along the way.

# AFTB empowers military spouses

by Elaine Sampson

*AFTB Volunteer*

Imagine yourself as a young Army spouse, your husband just deployed, you don't know the difference between an "LES" and an "FTX". You are new to the Army, new to Fort Carson and unsure of how Army life works. Where do you go, what do you do, who can help?

You would like to ask your neighbor, but she has only been an Army spouse for a month longer than you. Your parents don't know and you haven't met anyone in the unit. What can be done? Twelve years ago you would have been lost with few places to turn. Today, thanks to countless volunteers, there is Army Family Team Building.

AFTB started shortly after Operation Desert Storm when Army officials realized that spouses were not prepared for war-time life. Spouses were used to being in a peacetime Army and were not ready for the unique challenges of deployment.

"Army Family Team Building offers empowerment to spouses with all levels of experience. It is uniquely designed to be taught in three different levels," said Nancy Montville, Family Enrichment Program manager.

AFTB does not hold the spouses hands and walk them through each challenge. Instead it gives students the information needed to help themselves solve problems and deal with challenges. AFTB also provides information on how the Army works and what roles different people play in the system. This helps the spouse understand the service member's job and role in the big picture.

The AFTB program is staffed predominately by volunteers who offer their time and experiences. Volunteers come to the program with a variety of experiences as an Army spouse or active-duty servicemember. This variety of time and talents help the program reach spouses of all ages and experience levels and provides a wealth of information.

"The program could not be a success if we did not have volunteers. Volunteers are the lifeline of the program," said Annetta Ebrecht, AFTB Volunteer Program manager.

Our volunteers are of all ages, have all been part of Army life for varying amounts of time and have spouses of all ranks. AFTB is a rank-free environment. No one should ever fear coming to AFTB because of their spouses rank.

The AFTB program has profoundly affected the spouses who have taken the program, as they note in their evaluation forms.

"I never knew my job as an Army spouse was so hard," said one student. "I learn something new in every class," said another.

AFTB is broken down into three different levels. The first level deals with life in the Army, acronyms, customs and courtesies, and general Army knowledge. It is designed to reach the spouses who are new to Army life, although even the most experienced spouses can benefit from the classes.

Level II is designed for spouses who are becoming leaders in their unit and community. The classes include benefits and entitlements, adapting to change, stress management and time management.

Level III is the final step in the process. The classes deal with conflict management, stress management and leadership skills.

The classes all build on each other and spouses and Soldiers are invited to take them in any order. These classes are offered at the Family Readiness Center or at the unit level. Free child care is provided, with prior arrangements, for students who need it.

For more information about the AFTB program or to sign up for a class, contact Nancy Montville at 526-4590 or [nancy.montville@carson.army.mil](mailto:nancy.montville@carson.army.mil).

**Editor's note:** Fort Carson AFTB celebrated its 12th birthday Thursday.

## Soprano

From Page 29

"Nothing seemed significant after that event," said Crossett. "Things here didn't inspire me as much as the things I saw there."

Crossett began singing in high school and her natural talent was recognized by Sgt. Paul Mooney of Harmony in Motion. Mooney encouraged her to join a choir when they were both stationed at DLI and he witnessed her sing her own version of Janis Joplin's "Me and Bobby McGee" during a karaoke event at a dining facility in Tal Afar, Iraq. After joining Harmony in Motion, Mooney felt that Crossett would be a perfect fit and convinced her to become a member.

Harmony in Motion's musical director, Sgt. Scott Dickson, has high praise for Crossett's contributions to the group.

"Sgt. Crossett is a noncommissioned officer of the highest quality," said Dickson. Her work ethic, professionalism and sheer commitment to her Soldiers and whatever mission she's given is contagious, and very often sets a new standard for the way an NCO should conduct business. Harmony in Motion operates at a whole new level due, in part, to the leadership of Sgt. Crossett."



## Christmas Eve Party

**Grant Library**

**2<sup>nd</sup> Annual Christmas Eve Party**

**24 December 2006**

**10:00 am – 10:00 p.m.**

**Visits from Santa and Mrs. Claus**

\*Movies All Day \*Prize Bingo \*Games

\*Toys for kids!

\* Children's Holiday Storytime:

Ages: 0 - 6 1200 - 1230

Ages: 7 - 12 1300 - 1330

\*ALL DAY PRIZE DRAWINGS

\*Holiday Refreshments

\*Computer Lab Open / Email a Christmas Card

**For more information: 526-2350 / 2842**

WE ARE SEEKING PERFORMERS FOR

## Music: A Living Dialect in African Culture Gospel Concert

**February 2, 2007**

**McMahon Auditorium**

**Building 1517 ~ 6 - 8:30 p.m.**

Light refreshments will be available  
for a nominal charge

This is a FREE concert  
For more information, please call:

**526-9672**

[lashunda.t.blevins@us.army.mil](mailto:lashunda.t.blevins@us.army.mil)

Sponsored by  
EEO & MWR

## Martin Luther King, Jr. Art Contest



**Theme: Remember! Celebrate! Act! It's a Day On, Not a Day Off!**

### Details:

Age Categories: 0 - 5, 6 - 8, 9 - 11, 12 - 18 year olds

Due Date: 9 January 2007

Locations to turn in artwork: CYS Centers, Central Registration (Bldg 1518).

NOTE: Artwork can not be larger than 16"x20". On the back of the artwork please include full name, age, telephone number, turn-in location and DoD affiliation (Active Duty/ DoD Civilian/ neither).

### Prizes:

1st Place: \$50 AAFES gift certificate, \$50 Walmart gift certificate & \$15 DMWR Bucks  
2nd Place: \$50 AAFES gift certificate & \$25 Walmart gift certificate

NOTE: Prizes to be awarded February 2, 2007 at the McMahon Theater during Black History Month Gospel Concert. Artworks will be displayed around post following the competition.

1st place artworks will be published in the Mountaineer

For more information contact: Patricia Rosas- EEO Officer  
(719) 526-9673  
[patricia.rosas@carson.army.mil](mailto:patricia.rosas@carson.army.mil)

## "Extreme" Gift Certificates

Tired of the same old "Bah-Humbug" Holiday Gifts?  
Let us show you how to:

**Stuff a frozen waterfall in a stocking.  
Hang a kayak from your mantle.  
Tuck a mountain under the tree.**

Call Outdoor Recreation for the Ultimate in Holiday Stocking Stuffers:  
Gift Certificates for Ski Trips, Whitewater Rafting Excursions  
and other Extreme Adventures  
& Merchandise from Mountain Post Outfitters.

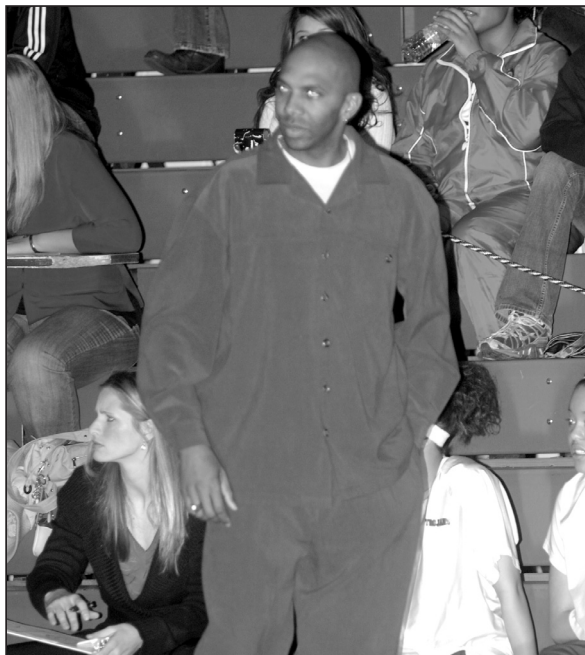
Say goodbye to the Ordinary and Hello to the Extraordinary!

The **Outdoor Recreation Complex**  
is located in Building 2429 on Specker Ave.  
call **526-5366** for information.



# SPORTS & LEISURE

## Lady Trojans begin season impressively



Harry Knight, Fountain-Fort Carson head women's basketball coach, looks on as his team played in the championship game of the Widefield Holiday Hoop Classic at Widefield High School.

**Story and photos by  
Walt Johnson**

*Mountaineer staff*

Fountain-Fort Carson women's head basketball coach Harry Knight knew he had a huge rebuilding job ahead of him this year, having lost three key players from last year's team, so he did what any coach would do — rolled up his sleeves and went to work.

Knight knew that the key to getting this year's team playing to its potential would be to get the returning players he had to accept new roles and integrate new players and form a brand new team. So far, the results have been great for the Lady Trojans as the team has raced out to a 4-1 start on the new season.

The only blemish on the Lady Trojans' record was a loss to Pueblo East Saturday night at Widefield High School in the finals of the Widefield Holiday Hoop Classic at Widefield High School that ran Dec. 7 through Saturday. Although the team lost the game, many of the things that Knight wanted to see from his team was evident as it overcame some cold early shooting to make a run at the Pueblo team before losing the game. Prior to that game, the Lady Trojans have been defeating opponents by double digits and showing

the type of team play that Knight is truly happy about and hopes continues as the team enters the league portion of its schedule in January.

"We had three key members of our team graduate last year and we had to fill those spots. My goal was to get them to play together from the very start while getting people to fill those roles (left by the graduating players). We knew we had girls from last year's team to fill those spots but they were moving into new roles. We wanted to see if they would accept their new roles. Right now it's working. This is what the preseason is all about: taking one game at a time, finding and fixing problems and finding the right combinations," Knight said.

Knight said he likes the chemistry on this team. He said the women are playing well together, they are helping each other and they are talking to each other. He said this team also wants to see each member have success, which could be the key to a successful season. "As long as we play like that, it's going to be tough to beat us. We're playing hard and we are playing together. That's always a plus when you are playing hard every single night. We have some confidence now and we are going to build on that and fix the little things to help us get better," Knight said.



Pueblo East forward Maleah Gregory, 42, shoots over the defense of Fountain-Fort Carson's Kathryn Clouser.



Fountain-Fort Carson's Alex Jones, 40, and Kathryn Clouser, right, battle Pueblo East players for a rebound.



## *On the Bench*

# Finance wins intramural volleyball championship

**Story and photo by  
Walt Johnson**

*Mountaineer staff*

Finance used its superior athleticism and court savvy to beat Supply and Distribution Company, 2nd Brigade Combat Team, 4th Infantry Division two games to none to win the 2006 post intramural volleyball championship Monday at Waller Physical Fitness Center.

The victory erased a heartbreaking loss in the championship match last year for the Finance team that was favored to win, but fell in the championship game. This year the Finance team left no doubt which is the best team on post.

In the first match of the evening, 1st Mobilization Brigade met the S&D for the right to play Finance for the post championship. The S&D team used its athletic ability and quickness to earn 25-13 and 25-17 wins in the games and won the match two games to none, earning the right to battle Finance for the post title.

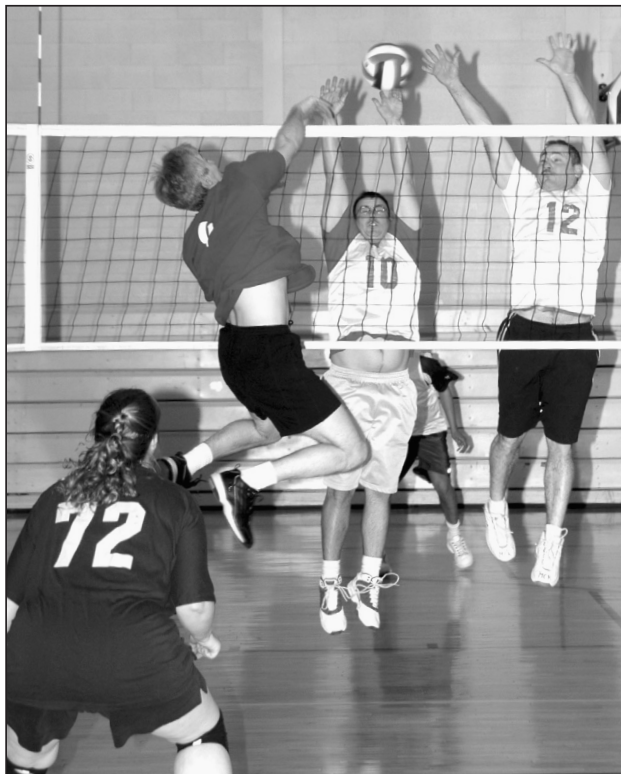
Finance started the championship

round strong and led by a score of 6-2, but the S&D team kept battling. Midway through the match, the game was tied at 16. Juan Montoya then broke the scoreless tie with a perfectly placed shot off a serve and then Finance's Francis Calar scored a point to give his team a two point lead at 18-16.

Finance then ran off six of the next six points to take a commanding 24-17 lead with Calar serving for the game. But the S&D team got the point to keep its hopes alive. S&D then got the next two points of the game to close within four points and it looked like they might have been gathering some momentum.

It looked like S&D was going to get the next point of the game on a nice serve down the left baseline, but Brad Chriss made an nice return shot that gave his team the first game of the championship match.

In the second contest Finance jumped out to a quick 8-2 lead off some explosive serves and an out-



*Finance's Vince Guthrie, dark shirt, blasts a shot past Supply and Distribution's defenders Ryan Davidson, No. 10, and Carlos Riverarosado, No. 12.*



Photo by Walt Johnson

## Texas Hold Em

*Xtreme's Sports and Entertainment Lounge held a Texas Hold 'Em tournament Saturday that drew a large number of Fort Carson patrons to the event. First prize was a three-day, four-night cruise for two.*

## Bench

From Page 38

standing play at the net by Calar. S&D finally broke the scoring run with three straight points to pull to within 9-5 of the Finance team. Finance then went back to work on offense, scoring the next two points to get an 11-5 lead before S&D got a point, making it an 11-6 game.

Finance then got the points back on its side with a nice play off the S&D serve and quick shot at the net by Fred Tongol to give his team a 13-7 lead. After Vince Guthrie rifled a shot past S&D defenders, Finance had a 14-7 lead and S&D took a timeout to plot strategy. Immediately after the timeout, Montoya and then Guthrie scored two quick points for Finance, giving it a commanding 16-7 lead. Calar served for Finance and got two more quick points to give his team a huge 18-7 lead. After Guthrie blasted a serve back over the net, Finance had 19-7 and it looked like it was going to be over shortly for the S&D team.

Two straight long strikes by Montoya gave S&D two points and new life as it got back to within 18-9, but a long hit by the S&D team gave Finance a point and a 20-9 lead. Finance scored the next point of the game as Chriss made the score 21-10 and gave Finance the post championship.

**Rocky Mountain Sports Officials association is looking for a few good men and women that are interested in being sports officials.**

The association, which does the officiating for a lot of the military and civilian sports activities in Colorado Springs, is looking for officials who are interested in learning to be an official or who want to continue their careers as officials. Anyone interested in becoming a member of the association should contact John Wyatt at 382-0199 or e-mail him at [tophoopref@adelphia.net](mailto:tophoopref@adelphia.net).



## ***Mountaineer Intramural Sports***

### **Youthful exercise**

*Ashley Pruitt, left and Lisa Barger, right, share more than a love of bowling. As a way of staying physically fit, both women are competing in the post intramural bowling league while expecting a child in coming months. The post intramural bowling leagues compete each Thursday night at the Thunder Alley Bowling Center at 6 p.m.*

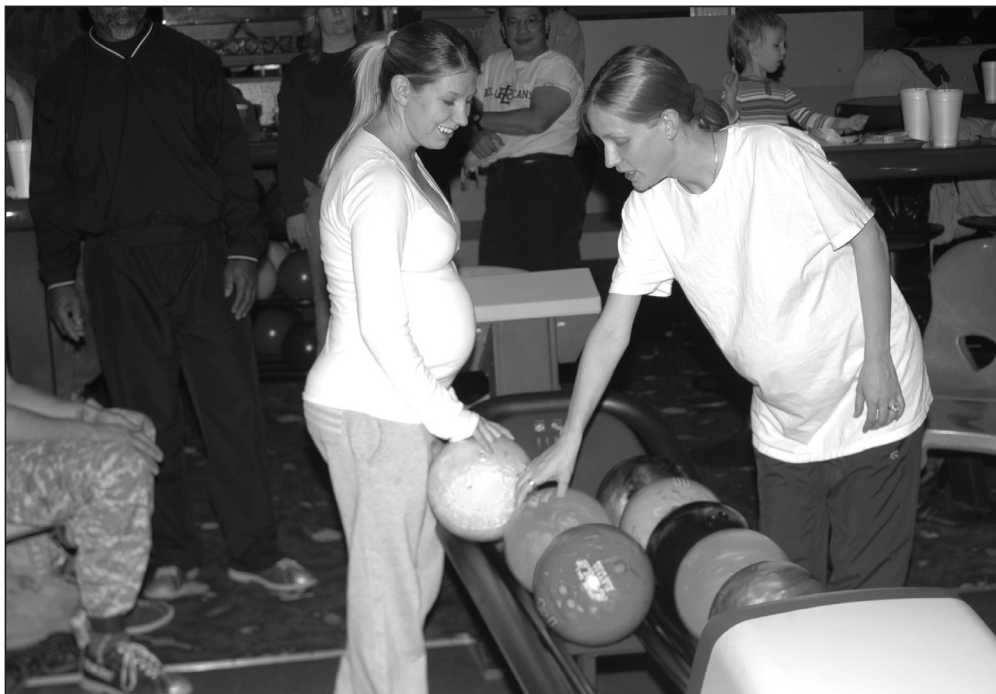


Photo by Walt Johnson

## ***Mountaineer*** **Athlete of the Week**



### **Ashley Braughton**

**Sports position:** Basketball player, Fountain-Fort Carson High School

**What got you started playing the game of basketball?**

I started playing basketball when I was about 6 years old. I like the challenges of the game, especially when I can drive to the basket, get around my defender and it's just me and the hoop and I just take it all the way.

**What was the best sports moment you have been involved with?**

I would have to say it was this summer when we (Colorado Springs Stars) went to Oregon to play against girls who compete on a national level. It really opened my eyes to the talent level that is out there in women's basketball and it gave me the motivation to work a little harder. I know there are girls out there working as hard or harder so I have to do things to separate myself from everyone else.

**What was the best moment for your favorite professional team?**

I really have good memories of the WNBA All-Star game from two years ago. The highlight of the game for me was when Diana Taurasi hit a shot from midcourt and Lisa Leslie came right behind her and dunked the ball to become the first woman to dunk a ball in the All-star game. When that happened, I was jumping up and down and screaming. That would be the best moment in pro sports for me.





## ***Mountaineer Fitness Feature***

### **Post patrons workout**

*The post physical fitness centers have some of the best fitness equipment available in the Colorado Springs area, as these members can attest as they work out recently at Forrest Fitness Center. The post fitness centers will be open over the upcoming holiday season at regular hours, with the exception of a few days. On Dec. 22 McKibben PFC will be open 6 a.m. to 3 p.m. Forrest and Garcia PFCs will be open from 9 a.m. to 5 p.m. and Waller PFC will be open from 3 to 10 p.m. Garcia will be open Christmas Day from 6 a.m. to 10 p.m. On Dec. 29, McKibben PFC will be open 6 a.m. to 3 p.m. Forrest and Garcia PFCs will be open from 9 a.m. to 5 p.m. and Waller PFC will be open from 3 to 10 p.m. Garcia will be open New Year's Day from 6 a.m. to 10 p.m.*



Photo by Walt Johnson

## Mountaineer Varsity Sports



### Hoops Practice

*Members of the men's post varsity basketball team get in a practice session last week at McKibben Physical Fitness Center. The men's team practices each Thursday at the facility and is still looking for people interested in representing the post in high-level athletic competition. For more information on the varsity sports program or to get more information on the team, contact Bill Reed at 526-2706.*

Photo by Walt Johnson



## Week 15 Football

### NFL

1. 49ers vs. Seahawks
2. Cowboys vs. Falcons
3. Browns vs. Ravens
4. Lions vs. Packers
5. Texans vs. Patriots
6. Jaguars vs. Titans
7. Dolphins vs. Bills
8. Jets vs. Vikings

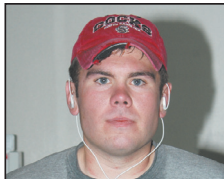


## Pigskin Picks



**Michael Bennett**  
A Co. 64th BSB

1. Seahawks, 2. Cowboys, 3. Ravens,
4. Lions, 5. Patriots, 6. Jaguars,
7. Bills, 8. Jets, 9. Panthers,
10. Bears, 11. Saints, 12. Broncos,
13. Eagles, 14. Raiders, 15. Chargers,
16. Colts



**Michael Noggle**  
10th SFG

1. Seahawks, 2. Falcons, 3. Ravens,
4. Packers, 5. Patriots, 6. Jaguars,
7. Dolphins, 8. Jets, 9. Panthers,
10. Bears, 11. Saints, 12. Cardinals,
13. Eagles, 14. Raiders, 15. Chiefs,
16. Bengals



**Tyler Crubaugh**  
A Co. 1/68 CAB

1. Seahawks, 2. Cowboys, 3. Ravens,
4. Packers, 5. Patriots, 6. Jaguars,
7. Bills, 8. Jets, 9. Steelers,
10. Bears, 11. Saints, 12. Broncos,
13. Eagles, 14. Rams, 15. Chargers,
16. Colts



**Lynn Stracener**  
Family member

1. Seahawks, 2. Falcons, 3. Ravens,
4. Lions, 5. Patriots, 6. Titans,
7. Dolphins, 8. Jets, 9. Panthers,
10. Buccaneers, 11. Saints,
12. Broncos, 13. Giants, 14. Rams,
15. Chiefs, 16. Colts

### NFL

9. Steelers vs. Panthers
10. Buccaneers vs. Bears
11. Redskins vs. Saints
12. Broncos vs. Cardinals
13. Eagles vs. Giants
14. Rams vs. Raiders
15. Chiefs vs. Chargers
16. Bengals vs. Colts



# Santa Fe

**Below:** American Indians display handmade jewelry for sale in front of the Palace of the Governors.

## Nation's 2nd favorite city to visit



**Left:** Traditional farolitos decorate many hotels, buildings and homes during the holidays in Santa Fe.



**Right:** A shopper asks questions about a piece of jewelry for sale in front of the Palace of the Governors.



Story and photos by Nel Lampe  
Mountaineer staff



A sculpture is in front of the Museum of Fine Arts is near the Plaza in downtown Santa Fe.

**S**anta Fe is a great place to visit almost any time, but especially during the holidays. The city has a festive, holiday feel about it.

Santa Fe is about five hours away from Colorado Springs, south on Interstate 25, in New Mexico, the land of enchantment. It's ranked second to San Francisco of the favorite cities Americans want to visit.

A visit to Santa Fe gives a visitor a sense of being far from home, perhaps in another time, another country.

Although Santa Fe is farther away than the usual "Happenings," generally day trips no more than three hours from Fort Carson, Santa Fe is included because it's worthy of a visit and some people might have a couple of days' leave or a long weekend off during the holidays.

Santa Fe is at a higher altitude than Colorado Springs — 7,000 feet. It's the capitol of New Mexico and one of the oldest towns in the United States.

Santa Fe was established in 1607 by Spanish governor Don Pedro De Peralta, more than a dozen years before the pilgrims arrived on the Mayflower.

It is believed that the Santa Fe area was inhabited for 20,000 years before Spanish Explorer Francisco Vasquez de Coronado, in the 1540s, made his first expedition to what is now New Mexico.

Santa Fe is not a large city by population, although it sprawls. There are less than 70,000 residents, but in ways it seems smaller than it is, as there are few buildings taller than one or two stories high. No skyscrapers dominate downtown or serve as a landmark. Almost every building is adobe, in some shade of brown. Fast food chains are adobe, with its trademark to distinguish it from other buildings in the neighborhood.

Shopping centers sprawl out, rather than up. The dominant adobe adds to the city's character and ambiance, making it seem like it's in another place.

Early Spanish settlers established forts and missions. The oldest church on American soil is in Santa Fe; the nation's oldest house is nearby.

The city is a particularly beautiful city during the holidays as traditional

# Happenings



Places to see in the Pike's Peak area.

Dec. 15, 2006



## Santa Fe

From Page 45

holiday “farolitos” light up the city. Traditional farolitos are brown paper lunch sacks half filled with sand, with a lighted candle set in the sand, sometimes called luminarias. Modern farolitos are constructed of “sack-like shapes of plastic with electrical candles. The farolitos give off a soft glow and create a holiday atmosphere when closely lined up in rows along walkways or on rooflines. In Santa Fe, the farolitos are the holiday light of choice, and few strings of multi-colored traditional Christmas lights are seen.

Santa Fe is a town filled with art and artists. Galleries and artist’s workshops are everywhere. Some 250 art galleries are in Santa Fe and public art dots street corners and parks.

Historic churches, hotels and buildings abound.

In downtown Santa Fe, the Palace of the Governors, built in 1610, is near the Plaza, or town square. Spanish governors ruled from the palace as did territorial governors after New Mexico became part of the U.S. in 1846.

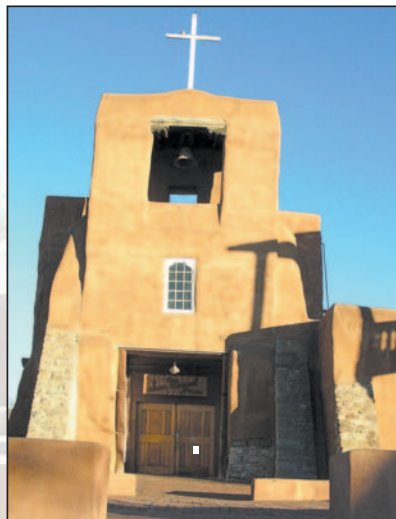
The palace has a courtyard and several rooms surrounding the courtyard and is now a museum, with artifacts from throughout Santa Fe’s history. It is at 105 W. Palace Ave. and is closed Mondays.

In front of the pueblo-style palace’s south portal, American Indians display handcrafted jewelry and other wares they or their families have made. The artisans patiently sit on the portal, a display of their wares on the floor in front of them as they wait for potential customers. When a potential customer stops to examine a piece of jewelry or art, the artisan quickly starts a conversation about the piece. The Indians are on the job daily, from 9 a.m. until 5 p.m. It’s a great place to shop if you’re interested in authentic Indian jewelry, mostly turquoise and silver. Only American Indians are allowed to sell their wares at the site.

The historic Plaza is across the street from the Palace of the Governors. The Plaza has been there for hundreds of years. It’s a park-like city block filled with trees, benches and sidewalks in the heart of the city. The Plaza is the site for ceremonies and festivals. Tourists and citizens stroll through the Plaza or sit on one of the numerous iron benches in the Plaza, relax or people watch. Sometimes people take a lunch break in the Plaza, eating fajitas or burritos purchased from one of the street-side stands.

The Plaza is surrounded by museums, shops, hotels, restaurants and art galleries.

Santa Fe has more than its share of museums: The Museum of Fine Arts, is a block from the Palace of the Governors, the



*The oldest church in the nation is in Santa Fe. The San Miguel Mission Church was built by Tawcolan Indians in 1598.*

New Mexico Museum and the Institute of American Indian Art. Several museums are on Museum Hill, several blocks from downtown Santa Fe. The museums cost \$8 for non-New Mexico residents, or buy a museum pass for two museums for \$12 or a four-museum psdd for \$18, is good for four days. Museum Hill has the Museum of Spanish Colonial Art, the Museum of Indian Arts and Culture and Museum of International Folk Art, containing 10,000 pieces of folk art from around the world. The Wheelwright Museum is nearby.

A few blocks from Museum Hill is a Children’s Museum and next door, the Bataan Memorial Military Museum, 1050 Old Pecos Trail. Many New Mexico residents were involved in the Bataan Death March in World War II.

The Georgia O’Keeffe Museum is at 217 Johnson, about three blocks from the Plaza. It is the only museum devoted to the famed Southwest artist.

Streets are narrow in Santa Fe and parking is limited. There are several public parking lots and some parking meters downtown which are limited to one or two hours’ use.

There are plentiful choices of restaurants or cafes. Many restaurants feature New



*Art is throughout Santa Fe. This statue is in the Museum Hill area.*



*The miraculous staircase in Loretto Chapel is built of wood but has no nails.*



*An adobe building is decorated for the holidays in simple evergreen and red velvet bows.*



*A colorful cafe is in a courtyard near the plaza in downtown Santa Fe.*

See **Santa Fe** on Page 48

## Get Out!

### Concerts

**"Christmas Classics and Carols,"** by the Colorado Springs Philharmonic is Dec. 22 at 8 p.m. and Saturday at 2:30 p.m. at the Pikes Peak Center. Tickets start at \$12; call 520-SHOW.

### Flying W Ranch

**The Flying W Ranch offers a** complimentary meal for Soldiers with identification who take their families to a dinner and Western show in the winter steakhouse during the holiday season. Available at 5 or 8 p.m., Fridays and Saturdays, \$26 or \$24, with a reduced price for children under 8. The complimentary meal for Soldiers taking their families is also available at a Christmas chuckwagon supper Saturday and Dec. 21; at \$23 for adults, \$10 for children under 8. Call 598-4000 or go online to [www.flyingw.com](http://www.flyingw.com). The Flying W is at 3330 Chuckwagon Road.

### Christmas trains

**Pikes Peak Cog Railway has a special Christmas train** which includes Santa, hot chocolate and cookies. Saturday and Dec. 23. Call 685-5401 for reservations. Tickets are \$15, leave from the station at 515 Ruxton Ave. in Manitou Springs.

**Santa will be on all Royal Gorge Route** 12:30 p.m. trains Saturday through Dec. 24.

Children 3-12 may ride for half price in coach on all December trains. Regular coach fare is \$29.95 for adults and \$19.50 for ages 3-12. Call (888) 724-5748 for reservations. The train leaves from the train station in Cañon City.

**There's an Express Christmas train** in Pueblo Saturday and Dec. 23, from 2-7 p.m. and 4-7 p.m. today and Dec. 22. A historic locomotive pulls two vintage cabooses. Santa Claus will be there, with hot chocolate and music. Caboose rides are \$3. The Pueblo Railway Museum is on B Street near the historic depot. Call (719) 251-5024.

### Discounts for hockey

**The World Arena is offering Soldiers and families a discount on Colorado College hockey games** with Bemidji State University Dec. 29-30 and University of North Dakota Jan. 5-6. Call 477-2116 for information.

### Christmas lights at the zoos

**"Electric Safari"** is at Cheyenne Mountain Zoo and is half-price admission for Soldiers and their families. Show identification at the admission gate from 5:30-8 p.m. through Jan. 1, except Christmas Eve. Santa is in "My Big Backyard." The zoo is behind the Broadmoor Hotel, at 4250 Cheyenne Mountain Zoo Road.

**The Pueblo Zoo has "Electricritters" during the holiday season.** See the zoo lighted in holiday splendor today through Dec. 23 and 26-30. Admission is \$5 for adults and \$3 for children. Pueblo Zoo is in the City Park in Pueblo, just off Pueblo Boulevard on the western side of Pueblo. Take Interstate 25 south to the Highway 50 west exit. Follow signs for Pueblo

State Park, going south on Pueblo Boulevard to City Park; call (719) 561-1452.

**Denver's Zoo celebrates "Zoo Lights"** through Dec. 31, 5-9 p.m. Admission is \$7 for adults, children ages 3-11 are \$4. There's entertainment and lots of lights. Denver Zoo is in Denver's City Park, at Colorado and Steele.

### Other Christmas activities

**Seven Falls Holiday lighting is Saturday through Dec. 30,** except it is closed Christmas Eve. Admission fee is waived but a \$3 donation to the charity, Christmas Unlimited, is requested. During the holiday season Seven Falls is lit with 200,000 lights and the Seven Falls are bathed in multi-colored lights. Gates are open 5-9:30 p.m. Santa will be at Seven Falls from 5:30-8 p.m. through Dec. 23.

**Santa's Workshop at the North Pole** is open through Dec. 24, 10 a.m.-5 p.m. Soldiers and families get in for \$10 each person. The workshop is off Pikes Peak Highway, near the town of Cascade on Highway 24 west.

### Community holiday dinners

**Free holiday dinners are available Christmas Day** at the Salvation Army, 908 Yuma St., the Odd Fellows Hall, 575 S. Union Blvd., Marian House, 14 W. Bijou St., Manitou Springs Town Hall, 606 Manitou Ave. and Fountain Valley Senior Center, 5725 Southmoor Drive. Hours are 11 a.m.-2:30 p.m., except the Marian House, where hours are 10:30 a.m.-1 p.m. Entertainment is provided at all locations.

Compiled by Nel Lampe



## Santa Fe

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Mexico-style Mexican food, but there are other choices, including fast food chains.

The historic adobe hotels downtown are priced in the luxury range, but convenient to the downtown sights. Several moderately-priced motel chains are along Cerrillos Road, which has several moderately priced chain motels such as Motel Six, Comfort Inn, Holiday Inn Express and Red Roof Inn. There's easy access from Cerrillos Road to the historic downtown area; take the Cerrillos Road Exit off I-25. For map and accommodation listings, go online to [www.santafe.org](http://www.santafe.org).

Santa Fe is in the shadow of the Sangre de Cristo mountain range, is at 7,000 feet altitude and gets about 18 inches of snow annually.

A visitor center is near the adobe New Mexico Capitol building near downtown.

Although summer is the prime

season for tourists in Santa Fe, the city does enjoy 300 days of sunshine. In winter, there's nearby Ski Santa Fe for skiing. Go online at [w.skisantafe.com](http://w.skisantafe.com).

The Santa Fe Visitor and Convention Bureau is online, [www.santafe.org](http://www.santafe.org) or call (505) 955-6200.

To reach Santa Fe, take I-25 south for about 330 miles. Take the Cerrillos Road exit to reach the chain motels.

### Just the Facts

- Travel time: five hours
  - For ages: families
  - Type: historic city
  - Fun factor: ★★★★★  
(Out of 5 stars)
  - Wallet damage: your choice
    - \$ = Less than \$20
    - \$\$ = \$21 to \$40
    - \$\$\$ = \$41 to \$60
    - \$\$\$\$ = \$61 to \$80
- (Based on a family of four)

## New Hazard

by James Boroch

